To help young people understand the principles of correct table setting and etiquette that goes along with promoting a sense of confidence. Provide positive opportunities for a young person to develop the essential life skills of mastery, independence, generosity, and belonging through their own areas of interest and self-expression.

- Learn table etiquette and how to conduct oneself publicly. Table manners are fundamental to every public dining situation and every essential skill has to be built on a solid knowledge base.
- Discover the benefits of organizing, planning and following through on that vision.
- Explore table manners and utensil etiquette around the world.
- Identify general from formal table setting guidelines as well as the proper occasion to use them.

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

Healthy Living

- Design and create an exhibit featuring a formal place setting for a food and/or county fair.
- Track general observation of poor table manners in a journal. Review entries and set a goal that will help you introduce the proper way to use utensils, eat foods and have a good conversations with friends and family.

Science, Technology, Engineering, and Mathematics

- Youth can use research information to create slideshow/PowerPoint presentations for a project meeting, presentation day or county workshop.
- Demonstrate math skills when planning table settings in a confined/given dimension.
- Use variety of media to gather information concerning appropriate table settings.

Citizenship

- Donate time to local lodges/organizations by helping decorate for their holiday dinner parties.
- Work with your local Chamber of commerce to organize a napkin folding contest for both youth and adults to enter at their next chili or BBQ cook off.
- Work with local senior center to help set tables for their next special event/dinner.

Leadership

- Teach younger members how to set the table for their family.
- Develop judging classes on table setting or center piece/decoration guidelines.
- Become a role model for others by taking the position of Junior or Teen Leader.

Connections & Events

| Presentation Days – Share what you’ve learned with others through a demonstration on napkin folding or themed table setting ideas. |
| Field Days – At these events, 4-H members may participate in a variety of contests related to their project area. |

Curriculum

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit http://ucanr.edu/orb/

Resources

- Napkin Folding Guide: www.napkinfoldingguide.com
- Etiquette Scholar: www.etiquettescholar.com
- Table Setting: www.brightsettings.com/Setup-Guide.html
- Emily Post: www.emilypost.com

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

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