4-H Table Setting Project

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.

### Starting Out
**Beginner**
- Learn general table setting guidelines.
- Reinforce positive table manners.
- Discover proper utensil etiquette.
- Learn to analyze and edit table setting decorations/centerpieces.
- Experience decorative napkin folding.

### Learning More
**Intermediate**
- Explore ways in which you can bring service learning into this project.
- Learn eating etiquette for International foods.
- Create a holiday place setting complete with centerpiece.
- Learn the 4 keys to dinner conversations: stop, look, listen, and watch.
- Demonstrate your knowledge of healthy foods by designing a

### Exploring Depth
**Advanced**
- Learn dining out etiquette, terms, and tipping rules.
- Identify key components to a formal place setting.
- Plan and prepare a formal place setting complete with centerpiece to celebrate 100 years of 4-H.
- Discuss the importance of good table manners while being interviewed or just in general.

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

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### 4-H THRIVE

**Help youth:**

#### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find

#### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

#### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties

#### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their
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

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.

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.

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.

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

Connections & Events

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<th>Presentation Days</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
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<td>Share what you’ve learned with others through a demonstration on napkin folding or themed table setting ideas.</td>
<td>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.</td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
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<td>Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
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<td>Contact your county 4-H office to determine</td>
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