



**AUGUST, 2009**

## **THE KID ZONE**

### **At the Table**

Have you ever been grossed out by watching someone else eat? There are certain things we don't need to see - like someone talking with their mouth open while it's filled with food! Keep these things in mind when eating in the cafeteria with friends, while eating with family or when eating out:

- If you need something, just ask! Reaching over someone is not polite.
- Is your food too hot? Eat your salad while your food cools. Blowing on your food while eating with others is rude. Who wants to smell your breath? **STINKY!**
- It happens to all of us. We're busy chewing and suddenly we bite into something we don't like - it may feel hard or rubbery. What should you do? Place your napkin up to your mouth. Spit out what you can't swallow and ask to be excused. Throw the napkin away and return to the table. There is no need to share what has happened. **TMI!**
- We like to visit while we eat. If someone asks you a question and you've just taken a bite of food, simply hold your hand up to show you need to finish swallowing first. I promise you this: They would much rather have you finish your food. No one likes to see food fall out of your mouth or partially chewed food on your tongue. **YUCK!**
- Your fork and knife are to be used for food. Do not tell a story with your utensils. No one wants to see a dirty fork waving in the air. **GROSS!**
- When you are finished eating, or when you need to leave the table, ask to be excused. Say, "May I be excused?" or "Excuse me" to show respect for others.

### **Please Come Again**

Overnight plans with friends can be a lot of fun. If you want to be invited over again soon, here are some great things to keep in mind:

- Don't leave a mess behind. Help your friend clean up before you leave.
- Remember phrases like "please," "thank you" and "no thank you."
- Different homes have different rules. Obey the rules and act respectfully.
- Take care of someone else's things. Jumping on the bed or furniture is never a good idea!
- When you eat with another family, remember to thank them for the meal. "Thank you for cooking Mrs. Smith. It was delicious!" or "I appreciate you taking me out to eat!"
- Before you return home, thank the family for allowing you to stay over for the night. "Thanks for letting me spend the night. It was a lot of fun and I enjoyed myself."



## Are You Gross?

Answer the following questions. If these have happened to you at least three times, answer YES.

1. I've been told (or reminded) to chew with my mouth closed.
2. I use my fingers to scoop food onto my fork.
3. I reach over someone when I need something.
4. When I'm finished eating, I jump up and leave the table.
5. I sing at the table and at home, I text others while I eat.
6. If I find a hair in my food, I tell everyone at the table.
7. I pick my teeth at the table when I'm finished eating.
8. Food has fallen out of my mouth before while I'm talking.
9. If I like something on someone else's plate, I grab it!

### HOW DID YOU DO?

- If you answered YES to 1-3 questions, you are not gross. For the most part, you remember your manners.
- If you answered YES to 4-6 questions, we need to work on our table manners starting...now!
- If you answered YES to 7-9 questions, you're pretty gross at the table. Take your time and remember that no one likes to eat with a slob.

Write down six things to remember when staying overnight with a friend:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_