

Mealtime Manners

Table manners are good for your child to use. It is fun to learn about good manners. Here are three ideas to help you and your child have fun with manners.

1. **Manners Please** is a silly poem. It will help you and your child talk about table manners.
2. You and your child can have fun making **Peanut Butter and Banana Toast**. It is good for you and tastes good too.
3. **Manners Magic** is a game. It will help your child learn which manners are good to use.

Manners Please

Help your child use each word in the word bank to finish the poem. Talk to your child about good table manners.

Word Bank

rude slurp
bat please

Use good manners when eating food,
Because it is not nice to act _____.
Do not burp,
And do not _____.
Do not wear a hat,
Or hold your fork like a _____.
When you are at the table, try not to
sneeze,
And always remember to say _____.

Peanut Butter and Banana Toast

4 servings

8 slices bread
8 tablespoons peanut butter
4 bananas, thinly sliced

1. Set oven to 350°.
2. Place each slice of bread on baking pan.
3. Toast in oven about 5 minutes or until light brown.
4. Spread 1 tablespoon of peanut butter on each slice of bread.
5. Put banana pieces on each slice of bread.

Need More Food?

Food Stamps helps single people and families with little or no income to buy food. Look in the U.S. Government pages of the phone book. You can find Food Stamps under "social services department" or "human services department."

Need a Food Expert?

For free information about food, call 1-800-480-MEAL. Experts with the Alabama Cooperative Extension System can help you. You also can visit your local Extension office. Look under your county section of the phone book for the Alabama Cooperative Extension office.

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Manners Magic

Help your child learn which manners are good to use. Read each manner to your child. Have him tell you if the manner is good to use. With a marker, color all good manners the same color. What picture do you see?

