

# 10 Tips to Get You Through a Meal



## The Act of Eating

Katie says good manners at mealtime are almost as important as eating the right foods.

- 1.** Keep bites of food small so you can quickly swallow if someone speaks to you.



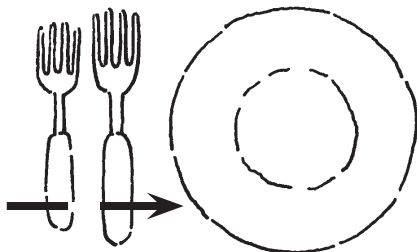
- 2.** Do not drink a beverage when you have food in your mouth unless the food is burning hot and you drink to cool your mouth.

- 3.** Do not chew with your mouth open. Talk only when your mouth is empty.



- 4.** Do not put your hands on your hair, ears, or face while eating.

- 5.** Start with the silverware on the outside (farthest away) and work your way in.



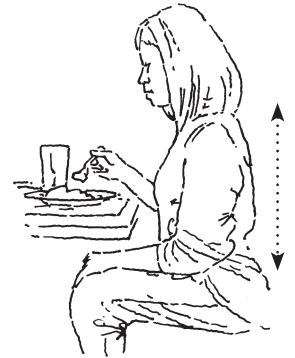
- 6.** Do not use your fingers to push food onto your fork.

- Hold your knife in your left hand. Use it to push food onto your fork.
- Don't hold bread in your fingers to sop up gravy or sauce. Drop a piece of bread into your gravy or sauce and, using a knife and fork, eat it like any other food.

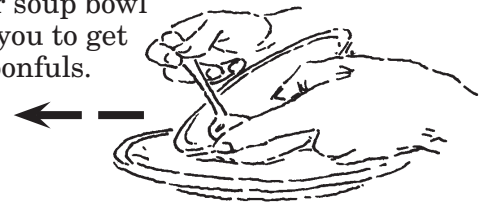


- 7.** Do not hunch your shoulders over your plate.

- Move your body forward from the hips, not the waist or shoulders.
- Lift food to your mouth; do not lower your head to the food.



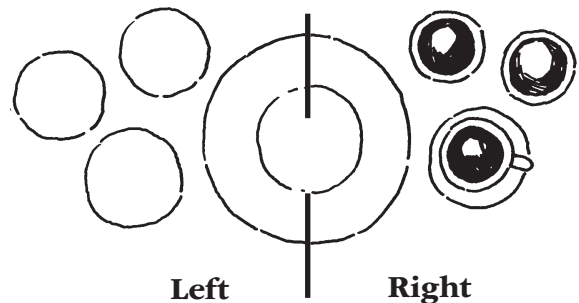
- 8.** Tip your soup bowl away from you to get the last spoonfuls.



- 9.** Use toothpicks only when you are alone.



- 10.** Remember that solid foods such as salads and breads are on your left and liquids such as tea and coffee are on your right.



Dear Friend,

Katie comes to you from your county Extension office.  
We can tell you many things about feeding and caring for your  
family. Come by or call the Extension office for free booklets.

*Katie*

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### Good Table Manners

- Make meals more enjoyable for everyone
  - Show respect for other people
- You Can Help*
- Teach your children good table manners so they will be comfortable when they eat in public.
  - Practice good table manners. They will become a habit.
  - Start teaching good table manners when your children are young.
  - Be a good example.



*Stephanie B. Woodyard*

**Stephanie Woodyard, Extension Specialist, Family Programs**

Your county Extension agent can tell you more about this  
and can help you in other ways, too. Call or write: