



Secret+ table Manners

Stay seated in the seat without wiggling in the chair, going under the table, or getting up and down several times during the meal.

Put the napkin across your lap.

Wait to begin eating until everyone is seated and has been served.

Always eat food with a fork or spoon unless it is meant to be eaten with fingers.

Elbows do not belong on the table.

Mouths should stay closed while chewing food.

Food pieces should be bite-sized, not large.

Never reach across the table or someone else's plate to get food.

Slurping, singing and humming are sounds that should not be made at the table.

Making rude comments about the food served is not polite.

Ask politely for food to be passed. For example: "May I have some bread, please?"

Say "thank you" after food is passed to you or placed in front of you.

