



# 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 ones-self 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 center piece.
- Learn the 4 keys to dinner conversations: stop, look, listen, and watch.
- Demonstrate your knowledge of healthy foods by designing a place setting for that special menu.

## 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 center piece to celebrate 100 years of 4-H.
- Discuss the importance of good table manners while being interviewed or just in general.
- Explore careers in the dinner/party planning industry.

## 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 how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

### 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 reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### 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 character or establish connections.

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

Light Your Spark

Flex Your Brain

Reach Your Goals

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# 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 and have a good conversations with friends and family.

## 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.
- Use variety of media to gather information concerning appropriate table settings.

## 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.
- Work with local senior center to help set tables for their next special event/dinner.

## Leadership

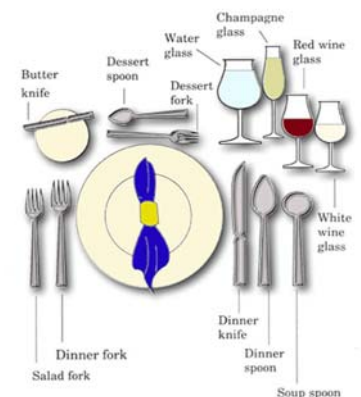
- Teach younger members how to set the table for their family.
- Develop judging classes on table setting or center piece/decoration guidelines.
- Become a role model for others by taking the position of Junior or Teen Leader.

## Resources

- Napkin Folding Guide: [www.napkinfoldingguide.com](http://www.napkinfoldingguide.com)
- Etiquette Scholar: [www.etiquettescholar.com](http://www.etiquettescholar.com)
- Table Setting: [www.brightsettings.com/Setup-Guide.html](http://www.brightsettings.com/Setup-Guide.html)
- Emily Post: [www.emilypost.com](http://www.emilypost.com)

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

| Connections & Events                                                                                                                                                                                                                                                                                                                                                                         | Curriculum | 4-H Record Book                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <p><b>Presentation Days</b> – Share what you’ve learned with others through a demonstration on napkin folding or themed table setting ideas.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities available, such as a field day.</p> |            | <p>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.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a></p> |



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