

# ETIQUETTE TIPS, PART 2

HAVING GOOD MANNERS DURING MEALTIMES IS AN IMPORTANT PART OF ETIQUETTE AND CONSIDERATION. HOW YOU BEHAVE WHILE YOU EAT HAS AN EFFECT ON HOW MUCH OTHERS ENJOY THEIR MEAL.

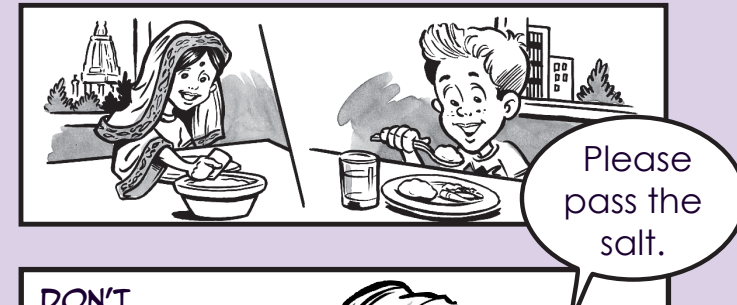
HERE ARE SOME TIPS TO FOLLOW:



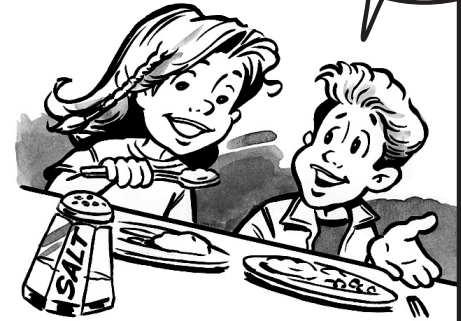
LET SOMEONE ELSE CHOOSE FIRST OR TAKE THE BIGGEST OR LAST PIECE OF A SPECIAL FOOD.



MAKE A HABIT OF SAYING "PLEASE" AND "THANK YOU."



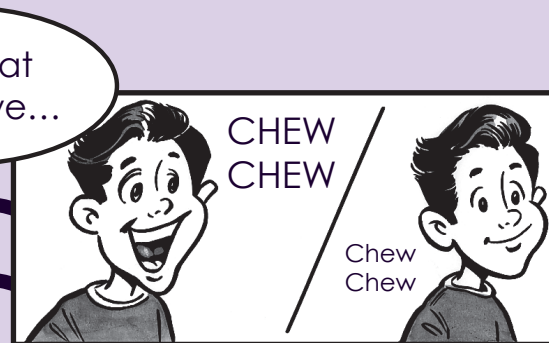
DON'T REACH OVER ANOTHER PERSON'S PLATE OR IN FRONT OF THEIR FACE.



POLITELY ASK THE PEOPLE WHO ARE SITTING AT THE TABLE TO PASS YOU FOOD ITEMS THAT ARE NOT CLOSE TO YOU.



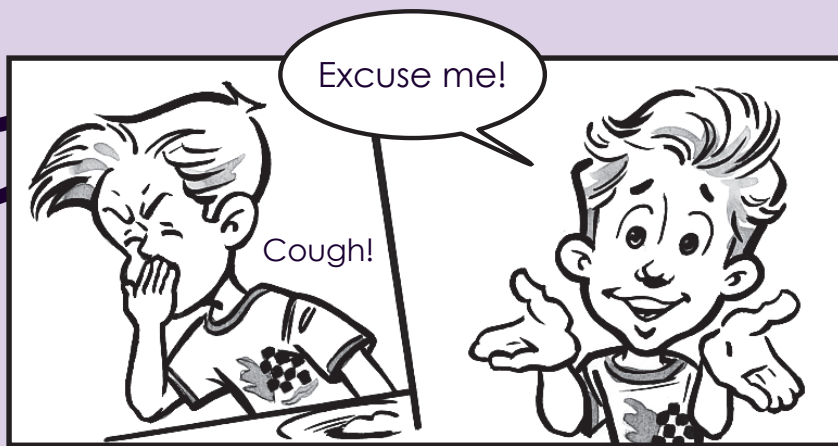
AVOID TALKING WHEN YOU HAVE FOOD IN YOUR MOUTH.



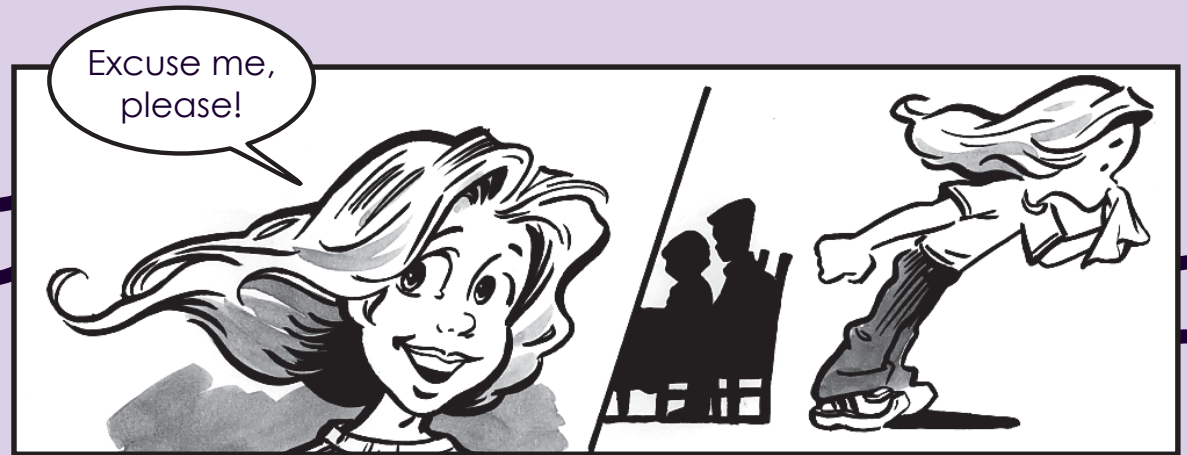
DON'T CHEW YOUR FOOD WITH YOUR MOUTH OPEN.



AVOID BURPING. SAY "EXCUSE ME" IF YOU SHOULD ACCIDENTALLY BURP.



IF YOU FEEL LIKE SNEEZING OR COUGHING, COVER YOUR NOSE AND MOUTH AND TURN AWAY FROM OTHERS. AFTERWARDS SAY "EXCUSE ME," AND WASH YOUR HANDS.

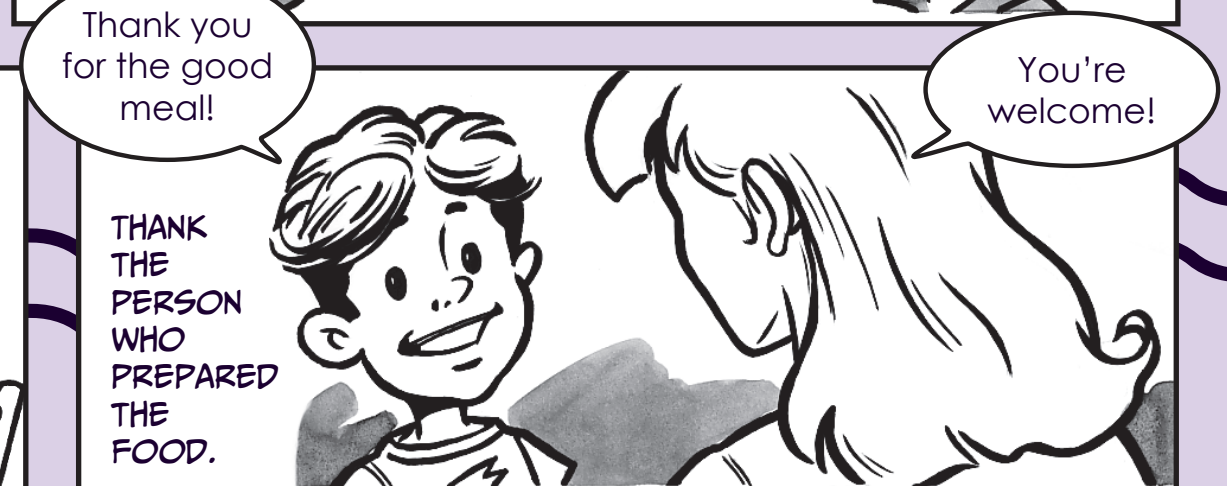


IF YOU HAVE TO BLOW YOUR NOSE, EXCUSE YOURSELF AND BLOW YOUR NOSE AWAY FROM THE TABLE.

AVOID MAKING A MESS AROUND YOU WHEN YOU EAT. USE A NAPKIN TO PICK UP FOOD THAT YOU MIGHT HAVE ACCIDENTALLY DROPPED.



POLITELY EXCUSE YOURSELF WHEN LEAVING THE TABLE AFTER YOU HAVE FINISHED EATING.





AT MEALS, TRY TO NOTICE IF THERE IS A NEED AND FILL IT.



EVEN IF YOU DON'T THINK YOU'LL LIKE A FOOD THAT IS SERVED, TRY TO EAT A SMALL AMOUNT.



DON'T PUT YOUR SPOON OR FORK INTO A CONTAINER, THEN STICK IT IN YOUR MOUTH, AND THEN BACK INTO THE CONTAINER TO SERVE YOURSELF MORE.

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REMEMBER, MANIFESTING GOOD ETIQUETTE IS A WAY OF SHOWING OTHERS CONSIDERATION, AND IT MAKES LIFE NICER FOR THOSE YOU INTERACT WITH.

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**S&S link:** Character Building: Social Skills: Courtesy-1a

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