

REACHING NEW HEIGHTS

Advisor's Guide to personal growth and leadership development

Lesson Number: **RNH.5.5**

Etiquette

Purpose:

The purpose of this lesson is to reinforce the importance of good etiquette and “minding our manners.”

Quick Reference:

Time Required:

50 minutes

Objectives:

After completing this lesson, students should be able to:

1. Discuss etiquette and why it is important.
2. Discuss proper etiquette for visiting friends, dining, using the telephone, being a guest in someone's home, and traveling.
3. Apply proper etiquette in their lives.

Materials:

- ✓ RNH.5.5.AS.A – one per student
- ✓ RNH.5.5.AS.B – one per student
- ✓ RNH.5.5.AS.C – one per student
- ✓ RNH.5.5.AS.D – one per student

Directions:

Prior to this lesson, the teacher should familiarize him or herself with procedures on formal etiquette and social protocol. Before the first class session, a proper place setting should be displayed on the table. An extended activity involves a field trip to eat at a nice restaurant to practice dining etiquette. Make arrangements according to your district and building policy.

1. Divide students into groups of four to six. Distribute student handout, RNH.5.5.AS.A, “I Want to be Cool.” Have students discuss the different areas of the worksheet, writing down any questions they might have. Allow 10-15 minutes.
2. Regroup as a class. Have a student from each group share a major question from each section. Discuss etiquette rules and possible solutions as they relate to the questions posed.
3. Then demonstrate appropriate behaviors in social settings. Begin with the process of asking for a date. Have students practice being introduced to parents, putting on corsages, entering a car, etc., and continue the scenario to the point of going to the restaurant.
4. Distribute RNH.5.5.AS.B, “What Do I Do Now?”; RNH.5.5.AS.C, “It Sounds French to Me”; and RNH.5.5.AS.D, “Sunset Inn Menu.”
5. Using the information on the handouts, demonstrate the use of silverware, glassware, and a napkin. Discuss how to deal with problem foods, finishing the meal, and leaving the restaurant.





Extended Activity: *Take a trip to the selected restaurant for lunch. Have students dress appropriately. Allow 2-2 1/2 hours for this field trip experience. Make sure students are involved in the paying of the bill and the computation of the tip. Debrief the experience, discussing etiquette issues people noticed during the meal.*

- a. *If doing extended activity remind the class of the field trip to a restaurant. Close class making sure that all necessary permission slips have been completed for the field trip. Transportation needs to be arranged.*

Connection Questions:

1. What kind of impact does table etiquette have on relationships and potential jobs?
2. Describe a time when you didn't know what to do in an etiquette situation (e.g., tipping a bell boy, tipping a driver, etc)?
3. What three things have you learned that you didn't know before these lessons were taught?

LifeKnowledge Connections:

Precept(s) Addressed:

Social Growth

H2. Present self appropriately in various settings.

LK Lesson Suggestion:



MS.20 – Understanding Common Etiquette

MS.21 – Travel and Dining Etiquette



Name: _____

Date: _____

I Want to Be Cool

What do you know about the rules of etiquette? In a small group, discuss what you already know about social etiquette and brainstorm questions you have in the following areas:

General Behavior: (in groups or in social gatherings, assemblies, classrooms, etc.)

Dates: (manners for dating, asking for a date, turning someone down, what to do if the situation changes, finishing an evening that is going badly)

Introductions: (to parents, to friends)

Restaurants or eating out:

- Entering
- Ordering
- Conversation
- Seating



Proper Etiquette *(Table Etiquette)*

- Eating
- Paying
- Leaving

The “Big Date” (ordering and putting on flowers, what to wear, what about pictures? Who pays?)



There's More than One Fork—What Do I Do Now?

Although placement of the different pieces of silverware, plates, and glassware may appear to be complex, just follow a few easy to remember tips:

Silverware

Elaborate settings include soup spoon, salad fork, and dessert spoon. The utensils to be used first are placed on the outside. Work your way in, toward the plate. When you have completed a course, you leave the utensil horizontally at a four o'clock angle across the dish you used. This signals the waiter to remove the dish.

Dishes

Bread and butter plates are on the left. When served soup and salad at the same time, eat the soup first.

Glassware

Water glasses are to the right.

Napkins

Napkins are placed on the left or in the corner. Place your napkin in you lap as soon as you have ordered. Open edges are toward you. A napkin placed on the table signals the end of the meal. Never put your napkin on the plate when you have finished the meal.

Fingers

There are some cultures and some foods that are acceptable to eat with your fingers. If you are uncertain, or uncomfortable, avoid ordering such items (fried chicken may be the American exception). Usually if the bulk of the meat is removed with a fork and a knife, it is acceptable to pick up a drumstick or a thighbone with your fingers. Picnics are also an exception.



It Sounds French to Me

Florentine:	Made with spinach
Almandine:	Made with almonds
Parfait:	Ice cream with syrup, fruit, or whipped cream served in a tall glass
Mousse:	Food made with whipped cream, either frozen or stiffened with gelatin
Julienne:	Cut into very fine strips
Au Gratin:	Made with cheese
Chateaubriand:	Choice beefsteak cut from the thickest part of tenderloin, broiled and served with béarnaise sauce. Cut at the table and served for two people.
Fillet:	Thin slices of fish or meat without fat or bones
Cordon bleu:	Meat filled with a cheese and surrounded by another thin slice of a different meat. A food of high distinction.
Bisque:	Smooth, rich and thick cream soup
Au Jus:	Served with its own gravy or juice
Bouillon:	A clear liquid broth
Bouillabaisse:	Fish chowder seasoned with wine, saffron, and herbs
Table d'hôte:	One price for the whole
A la Carte:	Stated price for each dish
A la Mode:	Served with ice cream
Hollandaise:	Creamy yellow sauce made with egg yolk, butter, lemon juice, and seasoning
Béarnaise sauce:	Sauce similar to Hollandaise but flavored with tarragon
Hors d'oeuvre:	A light food, served before the main meal; an appetizer

