



TASTING ETIQUETTE ACTIVITY

ACTIVITY OUTCOMES

In this lesson students will...

- be able to define tasting etiquette
- describe why we practice good etiquette when eating
- create classroom tasting etiquette guidelines

MATERIALS & PREPARATION

- White board, chalk board, or large butcher paper
- Pens, markers, or other coloring supplies

TEACHER BACKGROUND

Eating together as a class is a wonderful opportunity to teach about respect, manners, and mindful eating. Providing your students with a mindful and caring space to enjoy food will help to set a foundation for lifelong healthy eating habits for your students. This activity gives students a chance to create guidelines that they think are important to follow before, during, and after eating.

For ideas on tasting etiquette guidelines please review TKC's *Tasting Etiquette Suggested Guidelines* document on the next page.

INTRODUCTION

Spend time discussing the following introductory questions:

- What does it mean to be polite and respectful?
- List ways we can be polite and respectful when eating a meal together.
- When you eat at home, do you follow any routines such as setting the table, washing hands, or giving thanks?
- Does anyone know what etiquette means?

Define etiquette - etiquette is synonymous with manners and it has to do with using polite and respectful behavior, and tasting etiquette relates specifically to polite and respectful behaviors while eating food from the Learning Garden.

ACTIVITY

1. Break students into small groups.
2. Ask each group to come up with 5 ways we can be polite, respectful, and happy when eating together as a class. Students should write down their ideas on a sheet of paper or in a journal.
3. Bring the class back together and have one representative from each group share their ideas out loud.
4. Record all ideas (including repeated ideas) onto whiteboard or large piece of butcher paper.
5. Once everyone has shared, consolidate the list, and review with your students.

CONCLUSION

Have students share key parts of the day's activity and review the Activity Outcomes.



TASTING ETIQUETTE ACTIVITY

TKC SUGGESTED GUIDELINES

* * *

Wash hands before eating.

Give thanks before eating.

Wait until everyone is served to eat.

If eating in the classroom, clean and set tables (add in freshly picked flowers from your school yard for an extra special touch).

Eat slowly to enjoy the textures and flavors of the food.

Try at least one bite. Once you've tried one bite you may say "no, thank you" to the rest.

"Don't Yuck My Yum" rule-- keep negative thoughts and faces to yourself. Other students may enjoy the food that you may not like as much.

Once finished eating, share with a partner or as a class, what parts of the food you enjoyed – this may include the food's texture or flavor.

When finished eating, clean up the classroom or garden space.

* * *