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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Human Services |
| **Course Name** | Lifetime Nutrition and Wellness |
| **Lesson/Unit Title** | Table Settings, Etiquette, and Presentation |
| **TEKS Student Expectations** | **130.274. (c) Knowledge and Skills**  (6) The student demonstrates knowledge of food-management principles. The student is expected to:  (F) practice etiquette, food presentation, and table service appropriate for specific situations. |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Identify various tableware items * Practice various place settings * Design creative napkin folds * Analyze table etiquette |
| **Rationale** | Meals consumed at home are more satisfying and bring families together. Knowing how to set a table, present the food, and practicing good table manners will allow students to feel confident in social and business situations. |
| **Duration of Lesson** | Three 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Buffet:** A method of serving food in which people help themselves to food set out on a table  **Cover:** The area containing each person’s tableware  **Etiquette:** The courtesy you show to others by using good manners when eating  **Family service:** Serving meals in which food is placed in serving dishes and passed around the table  **Modified English service:** A more formal way of serving a meal for a small group as foods for the main course are brought to the table in serving dishes and are placed in front of the host, along with a stack of dinner plates. The host then serves the main course and vegetables on each dinner plate and passes the plate to the right  **Napkin:** A square piece of cloth or paper used at a meal to wipe the fingers or lips and to protect garments  **Place setting:** Tableware needed by one person to eat a meal  **Plate service:** Serving meals in which food is portioned out on individual plates in the kitchen and brought to the table |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for multimedia presentations * Computers with access to internet (be sure to follow school district guidelines)   **Materials:**   * Cardstock (for start a conversation cards)   **Supplies:**   * Iron * Ironing board * Napkins (cloth) * Napkin rings * Place mats * Place setting utensils   + - Bowls     - Forks     - Glasses     - Knives     - Plates     - Spoons   + Tablecloths   + Table runners   + Starch   + Copies of handouts   **PowerPoint:**   * Table Settings, Etiquette, and Presentation   **Technology:**   * Free iPad App:   + Servett  Instructions on how to fold napkins in different ways<https://itunes.apple.com/us/app/servett/id495704038?mt=8> * TED Talks:   + Dinner Makes a Difference  Laurie David has authored best-selling books, executive produced television specials & documentaries and has been called the Bono of climate change by Vanity Fair. Now she’s bringing it all home to her kitchen table.<http://www.tedxmanhattan.org/laurie-david-dinner-makes-a-difference/>   + How to set the table – Anna Post  Can’t remember where your soup spoon ought to go? What about your salad fork? Knowing how to set a traditional table can seem like antiquated etiquette — but it can come in handy! Anna Post, great-great-granddaughter of etiquette expert Emily Post, shows how to set a table with a plate full of tips and tricks to boot — even your grandmother will be impressed.<http://ed.ted.com/lessons/how-to-set-the-table-anna-post>   **Graphic Organizer:**   * Formal Dinner Place Setting * Formal Dinner Place Setting (Key) * Meal Service * Meal Service (Key)   **Handouts**   * Basic Table Setting * Basic Table Setting (Key) * Rubric for Table Setting and Napkin Folds * Start a Conversation Cards * Table Etiquette |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | Note to Teacher: The concepts addressed in TEKS 5F regarding table etiquette, food presentation, and table service should be reinforced in each laboratory experience throughout the Lifetime Nutrition and Wellness course.  The concepts related to participating as an effective team member addressed in TEKS 6A should be reinforced in each laboratory experience throughout the Lifetime Nutrition and Wellness course.  **Before class begins:**  Display as many of the items listed in the Materials and Specialized Equipment Needed section on a table in front of the classroom as you have available.  Display a formal place setting with an origami folded napkin.  Lead a class discussion on the accepted customs of table etiquette and social behavior practiced in our society. Ask the following questions:   * Why should we practice table etiquette in the home as well as outside the home? * Why are table etiquette skills important in the business world? * Why should we learn to set a table correctly? * What difference does the color and texture in food make if it tastes good?   Remind students that they will be invited to formal events as they get older and need to feel confident in social and business situations. |
| **Direct Instruction \*** | Distribute handout Basic Table Setting and graphic organizer Meal Service so that students may take notes during slide presentation.  Introduce PowerPoint - Table Settings, Etiquette, and Presentation. Discuss the importance of knowing how to set a table, present the meal, and using good manners.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * checking for understanding * encourage participation during discussion |
| **Guided Practice \*** | Distribute handout Formal Dinner Place Setting and allow students to identify the tableware items. Display each item so that students may identify them visually.    Distribute handout Table Etiquette and allow students to read each statement aloud. Display the correct way to sit at a table to eat food, drink a beverage, and have a pleasant conversation. Allow students to practice using a place setting.   Folding napkins for a table setting is an added feature that will enhance the place setting. Allow students to practice folding napkins using several websites that are available.   * Napkin Folding Instructions How to fold napkins – step-by-step guide with lots of photos<http://www.napkinfoldingguide.com/> * 28 Creative Napkin-Folding Techniques Impress everyone before they have taken a single bite of food. <http://www.buzzfeed.com/peggy/28-creative-napkin-folding-techniques-for-every-oc> * Napkin Origami Folding cloth napkins<http://www.origami-instructions.com/napkin-folding-origami.html>   Computer programs like Pinterest® and Snapguide® may also be used for creative ideas. Introduce Start a Conversation cards to students. While sitting as a group, enjoying their food, the designated host or hostess starts the conversation with the rest of the group. This activity encourages students to get to know their lab/group partners better.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * peer tutoring * assistance in reading * check for understanding |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Allow students to practice various place settings using different menus for breakfast, lunch, and dinner.  Students can practice several napkin folds using water and steam for practice. Be sure to caution students about safety with the iron before they use it. Starch can be used for the napkins once they are graded for the table setting and napkin folds.  Announce to students that they will have to set the table using the correct place setting and two napkin folds for a lab grade.  Distribute Rubric for Table Setting and Napkin Folds so that students will understand what is expected.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * read instructions orally * encourage participation |
| **Lesson Closure** | Review lesson objectives, terms and definitions.  Recap the activities in the lesson and ask students the following questions:   * How are individuals seated at a table together affected by the table manners of each person? * Why is it important to practice manners in the home as well as outside the home?   What careers do you think would need the table setting skills, napkin folding, and presentation techniques learned in this lesson? (event planning, banquet manager, fine dining manager) |
| **Summative/End of Lesson Assessment \*** | Students will present a table setting and creative napkin folds.  Students will be assessed with appropriate rubric.  Invite faculty members to see the tables set with the place settings created by each student.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * assist with instructions * praise participation |
| **References/Resources/**  **Teacher Preparation** | **Images:**   * Microsoft Office Clip Art: Used with permission from Microsoft.   **Textbook:**   * Draz, J. & Koetke, C. (2010). *The culinary professional.* Tinley Park, IL: Goodheart-Willcox Company. * Kowtaluk, H. (2010). *Food for today.* Columbus, OH: Glencoe/McGraw-Hill.   **Videos:**   * How to Set a Classic Dinner Table  Figuring out which fork to use for which course can be confusing.<http://www.howcast.com/videos/578-How-to-Set-a-Classic-Dinner-Table> * How to Set a Formal Table  Learn how to set a formal table and you’ll no longer be intimidated by someone else’s!<http://www.howcast.com/videos/308988-How-to-Set-a-Formal-Table>   **Websites:**   * Napkin Folding Instructions  How to fold napkins – step-by-step guide with lots of photos<http://www.napkinfoldingguide.com/> * 28 Creative Napkin-Folding Techniques  Impress everyone before they have taken a single bite of food. <http://www.buzzfeed.com/peggy/28-creative-napkin-folding-techniques-for-every-oc> * Napkin Origami  Folding cloth napkins<http://www.origami-instructions.com/napkin-folding-origami.html> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Word wall * Draw visual representations of terms on word wall * Add terms and definitions to personal dictionary * Utilize Four Corners Vocabulary/Word Wall Activity |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Secure a copy of the following book by the Culinary Institute of America for students to read.   * Remarkable Service A guide to Winning and Keeping Customers for Servers, Managers, and Restaurant Owners   This book is used as a reference in the SkillUSA Restaurant Service competition.  Reading strategy: Encourage students to “visualize” as they read. Many students are visual learners and will benefit from making sketches or diagrams on scrap paper as they read. Providing students with graphic organizers to help them organize their thoughts is also helpful. |
| **Quotes** | Etiquette means behaving yourself a little better than is essential. **-Will Cuppy**  Nothing is less important than which fork you use. Etiquette is the science of living. It embraces everything. It is ethics. It is honor. **-Emily Post**  All great change in America begins at the dinner table. **-Ronald Reagan** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * Tables should be set correctly because …. * Napkin folds are ……. * Having good table manners shows ……   **Writing Strategy:**   * RAFT Writing Strategy   + Role – event planner   + Audience – business president   + Format – memo   + Topic – table settings for banquet |
| **Communication**  **90 Second Speech Topics** | * Knowing proper etiquette is important in the business world because … * Knowing how to fold creative and elegant napkins is a skill I can use at …… |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | Students can create a Snapguide™ with one napkin fold.  Snapguide is a free iOS app and web service for those that want to create and share step-by-step “how to guides.”  Students will be able to use a camera phone to take pictures and write step-by-step directions that everyone can understand.  —  Have a Table Setting competition!  Divide the class into subgroups of three or four, decide on a theme, and allow students to be creative with their presentations. They may bring items from home to display or find items that are available on campus to use.  Invite faculty and staff to view and judge. Present a certificate to the most creative table.  —  **TED Talks:**  TED-Ed’s commitment to creating lessons worth sharing is an extension of TED’s mission of spreading great ideas. This allows users to take any useful educational video, not just TED’s, and easily create a customized lesson around the video.  The videos below are related to this lesson. Allow students to view the videos and lead a discussion concerning the TED Talk.   * Dinner Makes a Difference  Laurie David has authored best-selling books, executive produced television specials & documentaries and has been called the Bono of climate change by Vanity Fair. Now she’s bringing it all home to her kitchen table.<http://www.tedxmanhattan.org/laurie-david-dinner-makes-a-difference/> * How to set the table – Anna Post  Can’t remember where your soup spoon ought to go? What about your salad fork? Knowing how to set a traditional table can seem like antiquated etiquette — but it can come in handy! Anna Post, great-great-granddaughter of etiquette expert Emily Post, shows how to set a table with a plate full of tips and tricks to boot — even your grandmother will be impressed.<http://ed.ted.com/lessons/how-to-set-the-table-anna-post> |
| **Family/Community Connection** | Students can plan a family night with their families where they can set the table, impress them with their napkin folds, and practice their table manners. |
| **CTSO connection(s)** | **Family, Career and Community Leaders of America**  <http://www.texasfccla.org>   * STAR Events:   + Life Event Planning – An individual or team event – recognizes participants who apply skills learned in Family and Consumer Sciences courses to manage the costs of an event.   **SkillsUSA**  <http://www.skillsusa.org/>   * SkillsUSA Championships   Restaurant Service (formerly Food and Beverage Service) Contestants are tested on skills required in the “front of the house” of a fine restaurant. The focus is on guest service and guest relations in the dining room including: table set up; greeting guests; reservations procedures; presentation of menus; description of food, drinks, soups and specials of the day; taking orders; serving each course and clearing the table after each course; and preparation and presentation of the check and closing remarks. Contestants are judged on personal appearance, tableside manner, professionalism, ease with guests, courtesy, general knowledge and technical and verbal skills. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to lesson.  Example: Students may visit an elementary after-school program and teach proper table manners at the table and some simple napkin folds. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)