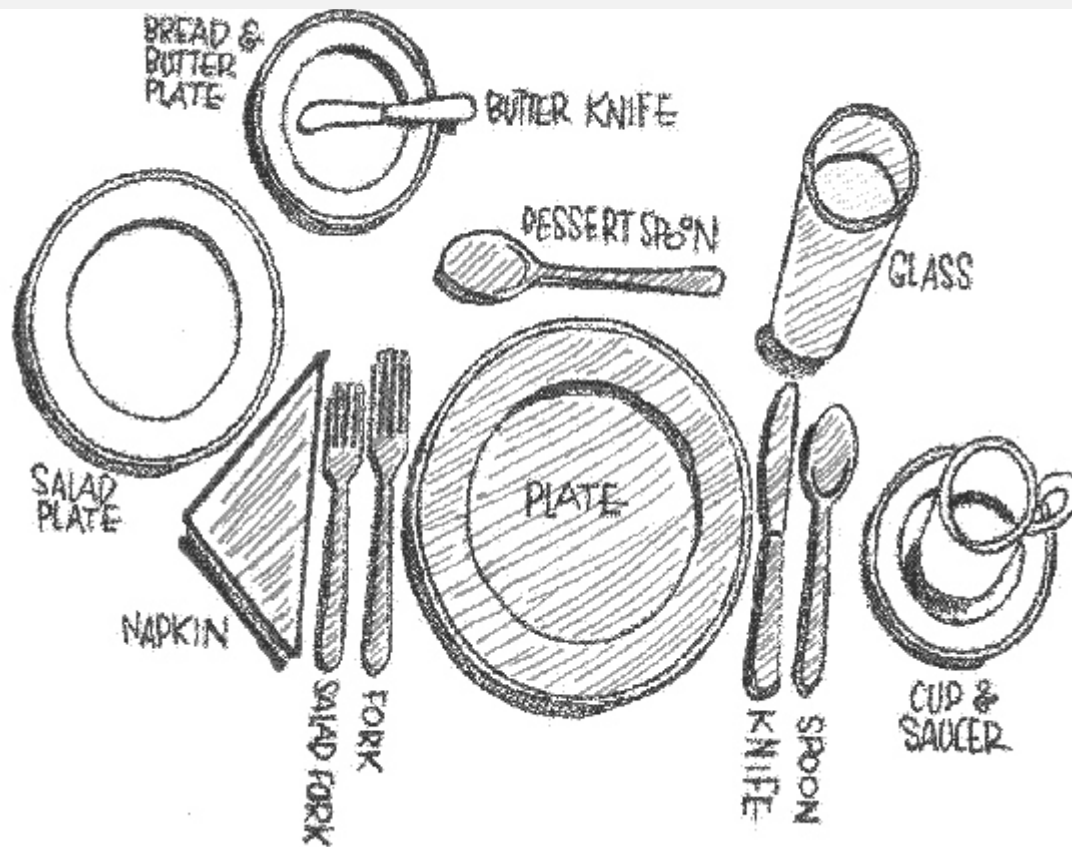


A Little Grace and Charm™

Mealtime Map



The Top Five Rules of Dining Etiquette for Youngsters

1. When in doubt, watch your host.
2. Be aware of your posture and body language...elbows, shoulders, mouth, etc.
3. Use kind words and avoid providing too much information... "Yes, please" or "No Thank You" are quite adequate to accept or reject offers of food. Instead of "Can I..." use "May I" when asking for something or asking for seconds.
4. Napkins are in the lap before your first bite is taken.
5. Show kindness to the ones who prepared your meal...wait until everyone is served to begin eating and then appropriately excuse