

Chapter 3

Come One, Come All

Materials and Preparation

- Brightly colored napkins (1/student)

Wilbur's Words of Wisdom

Please wait and be polite
Before you take a bite.
You'll bring such great delight
Because you've done it right.

Guiding Children's Learning in the Classroom

To begin, teach students six steps to getting ready for their meal, using the tune, "The Farmer in the Dell":

Come fast when you are called;
Come fast when you are called.
Mealtime is fun for all.
Come fast when you are called.

First, wash and dry your hands;
First, wash and dry your hands.
Mealtime is fun for all.
First, wash and dry your hands.

Place napkin in your lap;
Place napkin in your lap.
Mealtime is fun for all.
Place napkin in your lap.

Sit straight—don't slouch—and smile;
Sit straight—don't slouch—and smile.
Mealtime is fun for all.
Sit straight—don't slouch—and smile.

Be thankful for your food;
Be thankful for your food.
Mealtime is fun for all.
Be thankful for your food.

Attributes

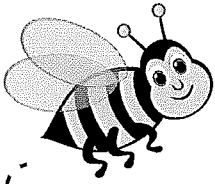
Gratitude, Politeness

Skills and Objectives:

Before starting the meal, there are some important steps children must learn in order to exercise their politeness and gratefulness to others at the table. In this lesson, students will learn the following:

- To come when they are called
- To wash and dry their hands
- To place their napkin in their laps
- To maintain a pleasant posture and expression
- To pause with gratitude for the meal
- To wait for adults to take the first bite

Adults should eat first bite;
Adults should eat first bite.
Mealtime is fun for all.
Adults should eat first bite!



Sing the song several times until your students can remember the words. Then, tell students you are going to talk a little more about why these steps are important. Use the following comments and questions:

Why do you think it is important to come quickly when you are called?

- *Coming right away shows your parent or teacher that you are a good listener and that you can be trusted.*
- *Coming right away shows politeness for the person who prepared the food and for everyone else who will be eating it. It is not nice to have others waiting on you when they are hungry—especially if the food is getting cold!*

Why do you think it is important to wash and dry your hands?

- *Germs! You have been touching germs all day, and you may not even know it. These germs can make you or others sick if you don't wash them off before eating your food.*
- *If your hands look dirty, it is harder for others to enjoy their food.*
- *It is not only important to wash your hands with water and soap, but also to dry them off so you can be completely ready for the meal. If you don't dry your hands, they will be slippery, and you might accidentally drop your plate.*
- *If you are with people who hold hands while they say a prayer, it is not nice to have a dirty or wet hand for them to hold.*

Why do you think it is important to sit straight and smile at the table?

- *Everyone at the table will be more able to enjoy their meal when you behave politely by sitting straight and smiling.*
- *When you slouch, it is hard for your food to make its way to your belly.*
- *Sitting straight and smiling shows others you are thankful for being part of the meal.*

Act out several impolite body postures and facial expressions. Ask your students whether or not these gestures are pleasant to see. (For example, have them tell you if they would like to eat a meal with someone who was frowning and slouching in the chair with their arms crossed.)

Conclude the classroom portion of the lesson by having students recite “Mealtime is Fun for All” one final time. Let students know they will be talking about the other steps involved in getting ready for the meal while they eat their lunch.

Guiding Children’s Learning in the Cafeteria

During lunch today or later in the week, distribute a fun-colored napkin to students as they pick up their meals and take their seats in the cafeteria. Begin by showing students how to place their napkin in their lap. Then, use the following questions and comments to guide each table in a discussion while students eat their meal:

Why do you think it’s important to place your napkin in your lap?

Chapter 3: Come One, Come All

- *Food might fall on your lap while you are eating. It is better for food to fall on your napkin than on your clothes!*
- *It is easier to wipe your mouth or your fingers when the napkin is already in your lap.*
- *People don't want to look at your dirty napkin if it is sitting on the table!*

I want to see you setting a good example for the rest of the school by placing your napkin in your lap the first thing when you sit down for lunch!

Now, when you are seated at the table and have placed your napkin in your lap, is it time to start eating? (No!)

First, before you start eating, you need to show others that you are thankful for your food. What are some ways to show others your thankfulness for your food?

- *Thank the person who prepared it or who is serving your food by saying, "Thank you for the food" or "This looks really good!"*
- *If you are a guest in someone's home, say, "Thank you for having me. This looks great!"*
- *Participate in grace or a blessing.*

Many families begin their meal with a blessing or grace. Even if this is not what your family usually does, it is important that you wait to start eating in someone else's home in case they begin with a blessing.

If the people you are with say grace, be respectful while it is said. How can you show respect during the blessing?

- *Stay silent.*
- *Bow your head.*
- *Close your eyes or keep them on your lap.*
- *Fold your hands, or if everyone else holds hands, gently hold your neighbor's hand without fidgeting.*

What is the final step to remember before you start eating your food? (Adults should eat first bite.) Why should adults eat the first bite of food?

- *Waiting for adults to take the first bite lets you know when it is okay to start eating. (It is important to wait until you know it is okay to begin eating, especially when you are in another person's home with different mealtime traditions.)*
- *Since you were probably not the person who bought or cooked the food, it is polite to wait until the person who did do these things begins to eat. This shows the person who prepared the food that you are thankful.*
- *Even when adults are not around, you can show respect for those around you by waiting to eat until everyone at your table is seated.*

Conclude by thanking students for their participation in today's lesson and encouraging them to practice their six steps before every meal this week.

Definitions:

GRATITUDE

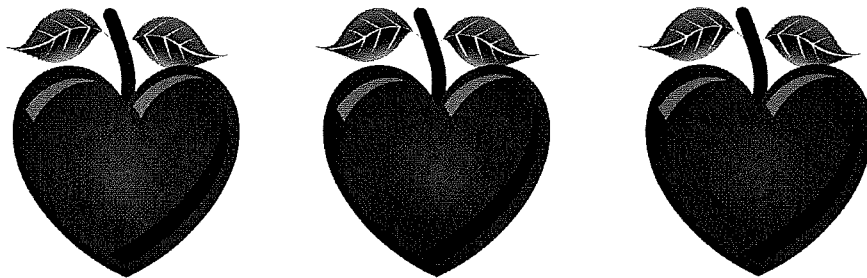
Appreciating what you have

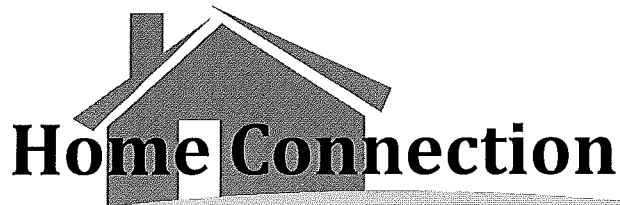
POLITENESS

Using kind words and actions in all situations

EXTENDING CHILDREN'S LEARNING

1. Using the "Thankful Poems" activity sheet, have students color and cut out their poems. Give each student a sticker magnet so they can put the poems on their refrigerator at home.
2. Teach students the correct way to place a napkin in their lap—not by folding it in half, but by folding a third of the napkin down. Only this top folded piece should be used to wipe the mouth. When you fold the napkin by a third, there is plenty of napkin underneath the folded piece to keep food that has been wiped from getting on your clothes.
3. Each day during the week, have students sing "Mealtime is Fun for All" before leaving the classroom at lunchtime or as they enter the cafeteria. Have them sing the song for their cafeteria or lunch ladies, or any parent volunteers who help out during lunch. These adults can help keep students accountable to their six steps to getting ready for the meal.
4. On your "Fine Dining" day, have students pretend they are eating lunch with adults. Ask students to tell you what they have learned about being polite and grateful during mealtime. Have them act out each of the six steps in getting ready for the meal. Afterwards, ask them to tell you why these steps are important to practice in a restaurant. As a review from the last two lessons, remind students to practice considerate conversation and to set their place before eating.





Home Connection

Dear Parent/Guardian,

This week, your child is learning six important steps to getting ready for a meal. You can reinforce what your child is learning at school and also have some fun by using “Mealtime is Fun for All” (use the tune of “The Farmer in the Dell”). Ask your child to recite the song and teach it to the rest of your family. If you don’t mind acting a little goofy, sing it along with your child while he or she is getting ready for the meal throughout the week.

Mealtime is Fun for All

Come fast when you are called;
Come fast when you are called.
Mealtime is fun for all.
Come fast when you are called.

First, wash and dry your hands;
First, wash and dry your hands.
Mealtime is fun for all.
First, wash and dry your hands.

Place napkin in your lap;
Place napkin in your lap.
Mealtime is fun for all.
Place napkin in your lap.

Sit straight—don’t slouch—and smile;
Sit straight—don’t slouch—and smile.
Mealtime is fun for all.
Sit straight—don’t slouch—and smile.

Be thankful for your food;
Be thankful for your food.
Mealtime is fun for all.
Be thankful for your food.

Adults should eat first bite;
Adults should eat first bite.
Mealtime is fun for all.
Adults should eat first bite.

~ From Our Hearts To Yours



Thankful Poems

We are thankful for happy hearts,
For rain and sunny weather.
We are thankful for this our food
And that we are together.

Adapted from a poem by
Emille Fendall Johnson

We are thankful for this food,
For rest and home and all things good
For wind and rain and sun above.
But, most of all, for those we love.

Adapted from a poem by
Mary Leona Frost

For every cup and plateful,
We are truly grateful.

Adapted from a poem by
A.S.T. Fisher

Mealtime is Fun for All

Come fast when you are called;
Come fast when you are called.
Mealtime is fun for all.
Come fast when you are called.

First, wash and dry your hands;
First, wash and dry your hands.
Mealtime is fun for all.
First, wash and dry your hands.

Place napkin in your lap;
Place napkin in your lap.
Mealtime is fun for all.
Place napkin in your lap.

Sit straight—don't slouch—and smile;
Sit straight—don't slouch—and smile.
Mealtime is fun for all.
Sit straight—don't slouch—and smile.

Be thankful for your food;
Be thankful for your food.
Mealtime is fun for all.
Be thankful for your food.

Adults should eat first bite;
Adults should eat first bite.
Mealtime is fun for all.
Adults should eat first bite.