**ISSUE 70** 



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This month we approach the topics of setting a proper table, teaching table manners and offering some family table conversation starters.

This dessert is a delicious way to use seasonal apples. Remember the dessert spoon!

## **EAT**

### How to Set a Table

Although meals may be casual, knowing how to navigate a more formal place setting is a good life lesson. Table setting can range from simple to complex, depending on the menu.

These are some table-setting basics:

- 1. Place a dinner plate on a placemat or tablecloth.
- 2. If you are starting with salad or soup, place the salad plate or soup bowl on top of the dinner plate.
- 3. Place the fork(s) on the left. The salad fork is farthest from the plate.
- 4. Place the knife to the right of the plate, with the blade toward the plate.
- 5. Place the spoons to the right of the knife. If soup is the first course, place the soup spoon to the far right.
- 6. Place the napkin to the left of the plate or underneath the fork(s). Use a fancy fold if you like.
- 7. Place the water glass near the tip of the fork.
- 8. If dessert will be served, place the dessert fork or spoon above the plate.
- 9. A bread plate and butter knife can be placed above the fork(s).
- 10. If you have a centerpiece, such as flowers, be sure that the centerpiece is short and does not interfere with people's view of each other.

TIP: Use the utensils "from the outside in." For example, the salad fork would be used first so it is farthest from the plate. The dinner fork is closer to the plate because it is used after the salad fork.





6 large apples (or about 6 cups apples)

34 cup brown sugar

2 teaspoons cinnamon, divided

1 teaspoon lemon juice

3 cups rolled oats

1/8 teaspoon salt

5 tablespoons butter

After apples have been washed, core, slice and place them into a large bowl. Top the apples with ½ cup brown sugar, 1 teaspoon cinnamon and lemon juice. Toss to combine. Place the apple mixture in the bottom of the slow cooker. In the same large bowl, combine oats, remaining brown sugar, cinnamon and salt. Stir until combined. Cut the butter into the bowl and stir, forming a sand-like texture. There will be small chunks of butter, which is normal. Sprinkle the mixture on top of the apples. Turn the slow cooker on high and cook for 2 hours with the cover on. After 2 hours, remove the lid of slow cooker and continue to cook for another hour. Serve with Greek yogurt or ice cream of your choosing.

Makes 12 servings. Each serving has 230 calories, 6 grams (g) fat, 4 g protein, 41 g carbohydrate, 5 g fiber and 25 milligrams sodium.

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## CONNECT

### **Super Simple Meal Manners**

Families adopt their own tolerance for how manners are expected to be followed at the dining table. When children are very young, getting food into them is the ultimate goal, so while it may be a bother that the baby plays drum solos with the spoon, at this point, peace and quiet are not the expectation.

As children grow, it is important that they learn how to follow some rules to make mealtimes pleasant for everyone. Children need to be able to participate at meals with friends and other families. Eventually, they will need to be prepared for dinner with coworkers or a potential boss or partner. Knowing how to behave in a social situation makes the event more relaxing and less anxiety producing. Starting early with calm family meals, modeling manners and adding a "dress up" meal at home once in a while can make the learning more fun.

# Table Manners Every Kid (and Parent) Should Know:

https://thenourishedchild.com/kids-develop-table-manners/ by Jill Castle

- 1. Come to the table with clean hands and face.
- 2. Put your napkin on your lap.
- 3. Start eating when everyone else does or when given the OK to start.
- 4. Stay seated and sit up straight.
- 5. Keep elbows off the table while eating.
- 6. Chew with your mouth closed and don't talk until you've swallowed.
- 7. Don't make bad comments about the food.
- 8. Say "Please, pass the..." instead of reaching.
- 9. Chat with everyone at the table.
- 10. Don't make rude noises like burping or slurping.
- 11. Ask to be excused when finished.
- 12. Thank your host or whomever prepared the meal.
- 13. Offer to help clear the table.



#### A Few Additional Manners for Older Children

https://emilypost.com/advice/top-10-must-know-table-manners

- 1. Keep your smartphone off the table and set to silent or vibrate. Wait to check calls and texts until you are finished with the meal and away from the table.
- 2. Hold utensils correctly. Don't use your fork or spoon like a shovel or stab your food.
- 3. Wait until you're done chewing to sip or swallow a drink.
- 4. Pace yourself with fellow diners. Cut only one piece of food at a time.

# **Savor** (the Conversations)

Do you need some fun and wacky ideas to get the conversation started at your dinner table? Try out our conversation starters at NDSU Extension's "The Family Table".



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