

Whether you're eating at a fancy restaurant, in the cafeteria, or at home with friends and families, good table manners make for a more pleasant meal. While you may not need to worry about confusing your salad fork with your desert fork when dining with friends, some basic table manners should never be forgotten. Here are some easy-to-follow Do's and Don'ts:

Table Manner DO's



- Sit properly (and straight) in your chair
- Talk about pleasant things
- Place your napkin on your lap
- Wait until everyone is seated before starting to eat
- Watch others, or ask, if you're not sure how to eat something
- Ask someone to pass the food, rather than reach across the table
- Chew with your mouth closed
- Don't talk with your mouth full
- Use a knife and fork to cut your meat
- Say "excuse me" or "I'm sorry" if you burp
- Say "no thank you" if you don't want a certain dish or are full

Table Manner DON'Ts



- Don't talk about gross things
- Don't ask for seconds before others have had firsts
- Don't take more than your fair share
- Don't overload your fork or plate
- Don't gobble your food
- Don't chew with your mouth open
- Don't talk with your mouth full
- Don't play at the table
- Don't hum or sing at the table
- Don't tip your chair or lean on the table
- Don't eat with or lick your fingers
- Don't push your plate away when you're finished