Good Manners

Health and Family Life Education

Primary School

Infant One

Ministry of Education
Curriculum Planning and Development Division

Greetings



A greeting is a word used when you meet someone. It gives good wishes.



Hello! My name is Birdie. Let us learn how to greet!

When you get to school in the morning.



You should tell your teachers and friends:

- **Good morning!**

When you meet someone.



You should ask:

- **How are you?**

When you get home from school.



You should tell your parents:

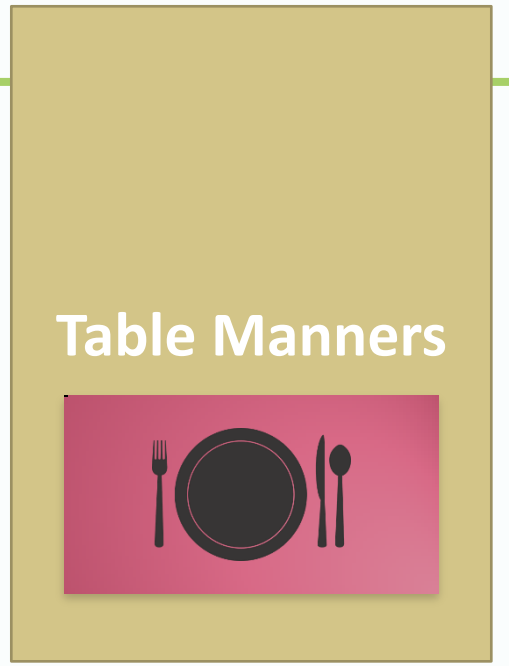
- **Good afternoon!**
- **Good evening!**

Table Manners

Let us learn about table manners.



Table manners is the way you eat your food at a table.



Click the link below and look at the video.
https://www.youtube.com/watch?v=mgZeziVUsZ0

Follow these table rules.



Read aloud:

- Wash your hands before you eat.
- Put a napkin on your lap.
- Chew your food with your mouth closed.
- Eat your food without talking.
- Eat with a spoon or fork.
- Wipe your mouth with a napkin.
- Ask permission to leave the table.
- Say please and thank you.

Say these magic words when you sit at the table to eat a meal.



Say aloud:

At the table we say these magic words:

Thank you!

Your welcome!

Please!

Excuse me!

Yes, thank you!

No, thank you!

Practice Activities
Complete the activity with a parent or teacher.

1. Read the passage, then answer the questions below.

When Jill sits at the table to eat her food, she eats with her hands. Her parents always remind her about having good table manners.

a) Do you think Jill has good table manners? Explain.

_____

b)Tell Jill how she should behave at the table.

_____

c) How do you behave at the table when you eat food?

_____

d) Think! Would you do anything differently at the table?

_____

Answers

1. a) Jill does not have good table manners.

   b) Jill should eat with a spoon or fork.

c) Answers may vary.

d) Answers may vary.

References

Appuseries (2014) Family Education Series - Learn Table Manners. Available from: https://www.youtube.com/watch?v=mgZeziVUsZ0 date retrieved: 16/4/2020.

Pixabay (n.d.) Images. Available from: https://pixabay.com/ date retrieved: 16/4/2020.

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