



DINING SKILLS FOR TEENS

A confidence building program promoting table manners with ease.

1. Social Etiquette with Ease

- a. It's Party Time
- b. Sending Invitations
- c. Accepting An Invitation
- d. Declining An Invitation
- e. Host Duties
- f. Drugs And Alcohol
- g. Guest Duties
- h. Saying Good-Bye
- i. Receiving Line Basics
- j. Gift Giving And Receiving
- k. When You Receive A Gift
- l. Writing A Thank-You Note



2. Confident Dining

- a. Dining Skills Quiz
- b. Place Setting Savvy
- c. Napkins

3. Dining Savoir-Faire

- a. How To Eat Various Courses
- b. How To Eat Fruit And Seafood Cocktail
- c. How To Eat Soup
- d. How To Eat Dessert
- e. How To Eat A Variety Of Foods

4. Styles Of Eating

- a. American Style Of Eating
- b. Continental Style Of Eating
- c. How To Use A Finger Bowl

5. Table Savvy

- a. Taking Your Seat
- b. Posture At The Table
- c. Saying Grace
- d. Toasting
- e. When To Start Eating
- f. Table Conversation
- g. Excusing Yourself

6. **Dining Out**
 - a. Arriving At The Restaurant
 - b. The Menu And Ordering
 - c. Who Pays
 - d. Buffet Meals
 - e. Fast-Food Restaurants-Dos And Don'ts

The object of the above program is in harmony with the growing emphasis on character education and positive self-esteem. Learning courtesy and respect with etiquette-filled activities provides many advantages to preparing teens for their adult years.

Dining Skills For Teens would be 1-1/2 hours per class for 4 days with a tutorial luncheon on the 5th day. Total suggested cost would be \$150.00 per student.

GOOD MANNERS ARE A GREAT INVESTMENT

Roxine M. Blomstrom, Etiquette Consultant, is trained and certified by the nationally known Protocol School of Washington, the first to provide professional etiquette and protocol training and certification. Its clients include business, government, entertainment, education, and military personnel.

As a certified professional Child Care worker for the past 17 years, Roxine has identified the need for today's youth to be educated in proper social and dining skills that help to build confidence and character. Roxine is trained in Children's Etiquette for Today, Dining Skills for Children, Teen Etiquette for Today, Etiquette for Adults Today, and Dining Skills for Teens and Adults. Roxine's effervescent personality guarantees a lively, interactive presentation.

MISSION STATEMENT

"To teach values of accepted etiquette and life skills in a positive manner that will remain throughout a lifetime."