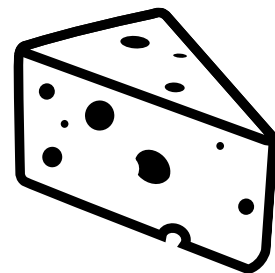
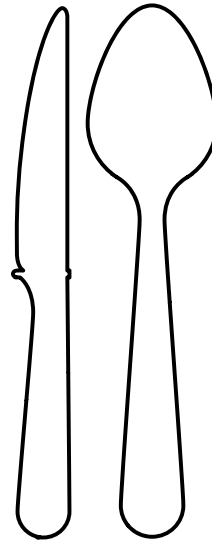
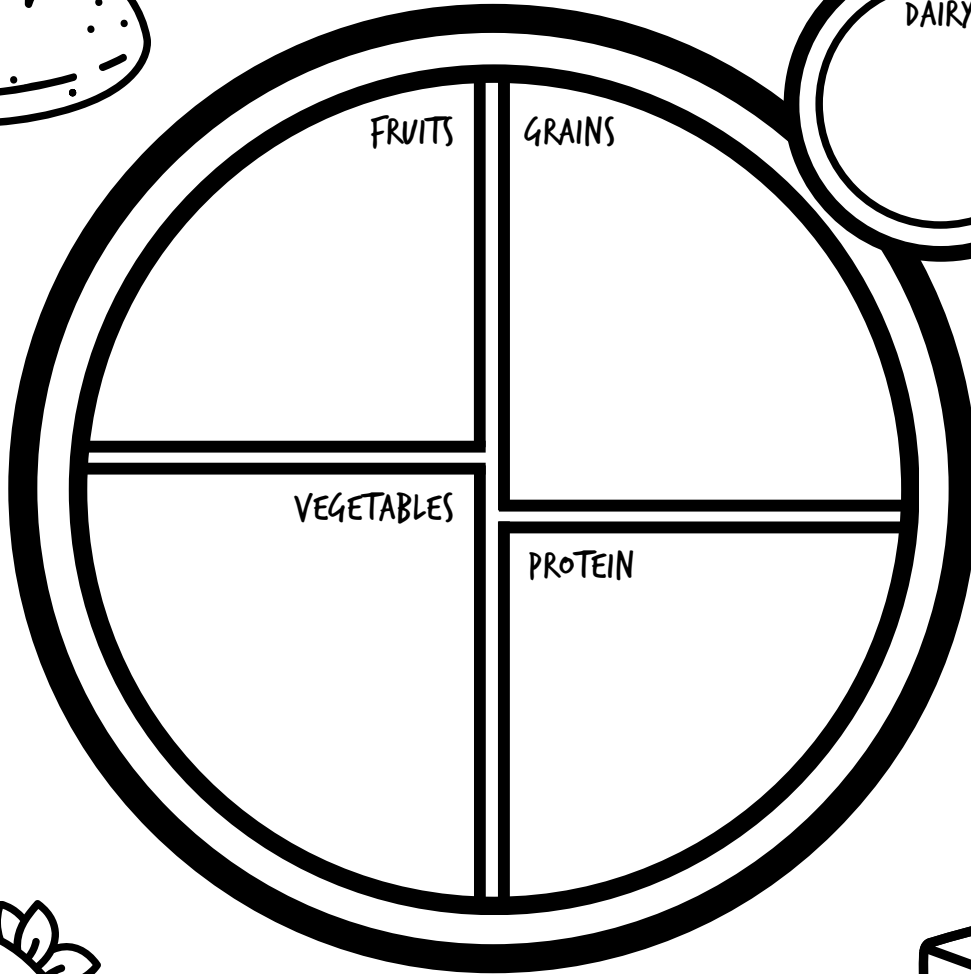
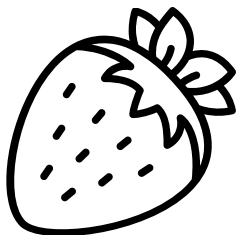
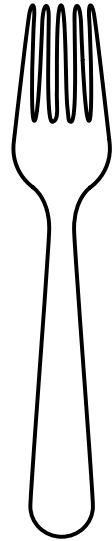
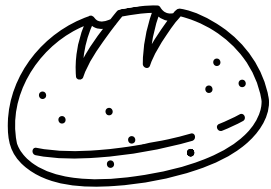




KIDSFIT™

DINING ETIQUETTE

Having good etiquette at the dinner table means we are being polite and respectful to those around us. Practice your dining etiquette skills with some of our favorite mealtime activities!



Fill in the plate with your favorite food from each food group to show off your best well-rounded meal!

WORD SEARCH

V	X	I	E	X	C	U	S	E	M	E	C
E	C	H	X	Y	Y	Y	G	K	A	K	D
M	B	X	P	M	A	N	N	E	R	S	T
O	P	U	E	S	O	I	O	B	P	K	H
C	V	K	W	J	C	O	C	C	E	R	A
L	T	Z	Y	B	T	I	W	E	S	I	N
E	T	T	E	U	Q	I	T	E	A	S	K
W	T	I	D	C	U	B	U	H	E	L	Y
E	M	I	W	Y	D	M	E	A	L	S	O
R	N	J	L	E	K	Y	U	I	P	G	U
U	W	E	Y	O	A	F	S	X	U	X	S
O	Z	P	F	L	P	L	Q	B	V	C	F
Y	J	R	E	S	P	E	C	T	F	U	L
Y	F	D	D	R	U	F	J	P	Z	U	E

ETIQUETTE MANNERS THANK YOU
 PLEASE YOU'RE WELCOME POLITE
 RESPECTFUL EXCUSE ME

ETIQUETTE TIPS

Always come to the table with clean hands and a clean face.

Keep your elbows off the table.

Chew with your mouth closed.

Always say please and thank you when asking for something at the table.

Don't play with your food.