DINING DO’S AND DON’TS

The Do’s:

1. Do avoid talking with your mouth full. Take small bites and you’ll find it easier to answer questions or join in table talk.

2. Do wait until you have swallowed the food in your mouth before you take a sip of your beverage.

3. Do take a sip of water if a bite of food is too hot.

4. Do remember solids (food) are on your left. Liquids (beverages) are on your right.

5. Do look into, not over, the cup or glass when drinking.

6. Do butter only one bit of bread at a time.

7. Do butter bread on the plate, never in midair.

8. Do remember your posture at the table. Sit up straight and keep your arms (including elbows) off the table.

9. Do leave dropped silverware on the floor in a restaurant. Quietly signal the wait staff to bring another piece. At home, quietly pick it up and politely ask for another piece.

10. Do remove alien objects from your mouth with your fingers and place them at the edge of your plate.

11. Do pass food counterclockwise.

12. Do pass salt and pepper (cream and sugar) as a pair.

The Don’ts:

1. Don’t over load your fork when eating.

2. Don’t, under any circumstances, put the knife in your mouth.

3. Don’t spread your elbows when cutting meat. Keep them close to your side when eating.

4. Don’t saw meat in a back and forth motion. Stroke it towards you.

5. Don’t chew with your mouth open.

6. Don’t blow on food if it’s hot. Wait until it cools.

7. Don’t touch your head or face at the table.

8. Don’t lean back in your chair.

9. Don’t reach across the table or across another person to get something. If it’s out of reach, ask the closest person to pass it to you.

10. Don’t push your plate away from you when you’ve finished eating.

11. Don’t gesture with your silverware.

12. Don’t pick your teeth at the table or use any other personal hygiene items. Excuse yourself and take care of the problem in the restroom.

Adapted from Harrison Associates, Business Etiquette and Protocol