

# EAT TOGETHER

## MUSIC AND TABLE TALK

# EAT BETTER



### TARGET AUDIENCE

Grades K – 2

### ESTIMATED TIME

Story and Discussion 20 minutes  
 Music Varies depending on time taken for learning lyrics  
 Table Tent Preparation 25 minutes

### NUTRITION EDUCATION LEARNING OBJECTIVE

By the end of this activity, students will be able to:

- Consider why table manners are important,
- Sing a song about table manners,
- Create a table tent to share with their family at mealtime.

### CURRICULUM INTEGRATION

- Music
- Literacy
- Art

### EALR/GLE INTEGRATION

- |               |     |  |
|---------------|-----|--|
| Reading       | 2.1 | Demonstrate evidence of reading comprehension.   |
|               | 3.1 | Read to learn new information.   |
| Communication | 1.1 | Uses listening and observation skills and strategies to focus attention and interpret information. |
|               | 2.1 | Uses language to interact effectively and responsibly in a multicultural context.                  |

### CLASSROOM SKILLS

- Listening and following directions.

### BASIC NUTRITION CONCEPTS

- Table manners enhance family mealtime.
- Mealtime conversation helps families to stay close and connected.
- When families eat meals together, the meals tend to be healthier.

### SUPPLIES

Provided with lesson

- Book: “We Love the Company” with accompanying CD
- Booklet: “Family Meal Time – We Have Manners” with accompanying CD
- Table tent templates
- Crayons or colored pencils
- Tape (to put tent together)

### ACTIVITY TASKS

See reverse.

### SOURCE

Carolyn A. Lee, MS, RD

### SA SUBMITTED BY

Eat Together Eat Better Work Group

## Music and Table Talk (Grades K – 2)

1. Gather students on the carpet as ask them what makes mealtime special. Discuss responses. Then ask them what they think table manners are. In other words, how do we behave at the table? Why do you think manners are important? What happens if people don't use manners?
2. Show the book, "We Love the Company." Introduce it as a book that talks about how we can enjoy mealtime with family and friends. Using track 2 of the CD found in the book jacket, share the story with students.
3. Ask students to turn and talk with a partner about what their favorite part of the story was. Then ask students to share with the entire class. What is something new they learned?
4. Reinforce the idea that mealtime is a special time each day where we can eat healthy foods and share important parts of our day with others. Manners make that easier to do. Example: Being polite and letting other people have a turn to talk allows everyone to feel like they are important and have important things to share with others. Because mealtimes happen all the time and manners are important, tell students they will be learning a song about manners.
5. Play audio track 1 of the CD and share the song with students. Using the book to help illustrate the song lyrics will be important at first. As you practice the song over consecutive days, you may decide to put hand motions with the words to aid the students in their memorization of the song. Note that the song lyrics are available in the Family Meal Time Booklet. For older grades, these lyrics could be placed on the document camera.
6. Distribute table tent templates to students and invite them to draw pictures to illustrate the points mentioned. Note there are two table tent variations for different skill levels. Project a sample table tent on the document camera to illustrate how to complete. Allow time for students to complete table tents. When students have finished, fold the table tents in thirds and tape so they stand up.
7. Students share table tents with the class and then take them home to share with their families during mealtime.

### Extension Activities

1. There are several placemat templates available on the CD found in the Family Meal Time booklet. Students may decorate and use for a special meal at school or take home to use.
2. Ask the music teacher at your school to spend time teaching the song with your class. This could be performed at an assembly or a special family night.
3. After learning the song, students may wish to perform this for another class at school.
4. Invite students to talk about a positive change they will make to improve their own table manners.
5. Make a pictorial input chart of a table and add picture props to review important concepts from the story.

**Mealtime is special.**

**Let's talk about today.**

**We'll all take turns  
because we each have  
something important  
to say!**

*Today at school I played with...*

... \_\_\_\_\_

*Something new I learned was...*

... \_\_\_\_\_

*The best part of my day was...*

... \_\_\_\_\_

*If I would like some more food,  
a good way to ask is...*

**“May I please  
have some more  
food?”**

**“Thank you. That  
was delicious!”**

*Some other important table  
manners are:*

- **Taking a small portion if I'm trying a new food,**
- **Waiting for everyone to be served before I start eating,**
- **Chewing with my mouth closed,**
- **Listening when other people are talking,**
- **Asking to be excused from the table.**



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...

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...

*The best part of my day was...*

...

*If I would like some more food,  
a good way to ask is...*

“ \_\_\_\_\_ ”

\_\_\_\_\_ ”

“ \_\_\_\_\_ ”

\_\_\_\_\_ ”

*Some other important table  
manners are:*

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

