

Facts Page

Let these feast and shopping facts enhance your lesson.

A feast is defined as a large, special meal, usually for many people. While a feast may be part of a holiday celebration, there are many other reasons that a family or group might celebrate with a feast—for example, special visits by friend or relative, new accomplishment or milestone by child, seasonal changes, birthdays or just ‘because!’

A feast typically consists of numerous foods, often favorites of those preparing and sharing the meal. The emphasis is as much on those attending as it is on the food – a celebration with food and friends or family.

Note: If this lesson is used in conjunction with seasonal holidays, be sure to be sensitive to accurate and inclusive information. For example, traditional tales about “the first Thanksgiving” alter historical facts and may offend many Native Americans.

Tablesetting adds to any meal, and doesn’t have to include fancy dishes or cloth napkins. It’s fun to set the table, especially for a meal where the family comes together. It makes eating more fun when the table is nicely set. Children can actively participate in a meal by setting the table and helping with simple food preparation.

- To set the table, dinnerware (dishes), glassware, flatware (forks, spoons and knives) and napkins are needed.



- Use items that will match the meal or food being served. For a quick snack, a paper plate and a paper napkin work well. For home-cooked dinner, the family’s usual dishes would be ideal. Party food may be served on colorful paper or plastic plates, or special dishes if a family chooses.
- Steps for setting the table are similar for any sit-down meal:
 1. Put down correct number of placemats, or cover table with tablecloth, if these items will be used.
 2. Arrange the place setting on top. A place setting is made up of all the items each person needs for eating.
 3. The plate goes in the center of the place setting. The fork goes to the left of the plate, with the tines pointing up. The napkin can go under the fork or to the left of it. The napkin may also be placed on top of the plate. The knife is placed to the right of the plate, with its sharp side pointing in. The spoon is set next to the knife, and the beverage glass goes above the tip of the knife.
 4. More flatware may be added if needed, and more dishes added if the menu dictates.⁽¹⁾

Related websites:

http://www.schonwalder.net/Tablesettings/list_a.htm

www.americanbean.org

Produce for Better Health: www.fruitsandveggiesmorematters.org

<http://www.kidshealth.org/kid/index.html>

⁽¹⁾American Heart Association. Kids’ Cookbook. Random House, 1993. 127 pp.

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