

20 golden rules on the dining table that everyone must know

Here are 20 golden rules on the dining table that will help you become more polite and professional in the eyes of the opposite person.

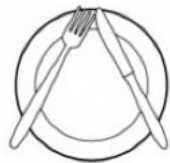
Body language and behavior are two important factors that help you impress and win the sympathy of others right from the first meeting. Compliance with the basic rules on the table is the main factor to get a great time with friends and relatives. Here are 20 golden rules on the dining table that help you become more polite and professional in the eyes of the opposite person.



1. **Pay attention to your gestures** . People will feel uncomfortable if you keep your head looking at your plate, your shoulders fold down and your elbows flatten on both sides. This not only makes the opposite person feel uncomfortable, but also makes them want to care about their plate. So remember to keep your back straight, put your hands on the table and your head stays at eye level!
2. **Don't eat fast if the owner of the party hasn't started yet** . This is the politeness I lack that you must know, right?
3. **Observe the rules for using knives and forks** . Because no one likes that you put knives and forks to their place and it will be very annoying if everyone uses a fork and you use a spoon. So, you need to know their rules (if in doubt, see what others are using and follow). Keep knives and forks near you to avoid misusing others.



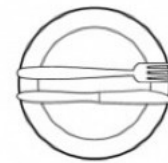
4. **While eating, it is recommended to hold the scissors, the chopsticks are closest to your mouth** . Do not let your hands be too wide, spread to the sides - because it can touch the person sitting next to you or spill something on the table.
5. **Don't talk when the mouth is chewing food** . This not only makes others feel uncomfortable, but you can also choke on eating and talking.
6. **Don't copy your mouth, make noise when eating** . This is quite annoying for everyone at mealtime.
7. **Eat at a moderate pace** . Meal is not a race. Moreover, eating slowly will be good for the stomach, you will also be easier to fill and eat less.
8. How **to put a fork** in an attitude of Western food



VẪN CÒN ĂN



ĐANG CHỜ MÓN KHÁC



MÓN ĂN TUYỆT VỜI



ĐÃ ĂN XONG



KHÔNG THÍCH MÓN NÀY

9. If you drink tea or coffee, you **should not use a spoon** because it is only used to stir sugar.
10. If you have to leave the table for any reason, you **should have an apology** .
11. If you need to get something on the table, don't try to reach out or stretch yourself out, but **ask the people near you to help** you.
12. **Don't leave leftover food on the plate** . If you want to talk to someone, finish the food on your plate first.

13. **Don't just focus on food** . Pay attention to everyone around and care about the conversation.

14. When eating **spaghetti** noodles, you can pick it up in a spoon or use a knife to cut short noodles instead of just sticking your head down to eat or sucking up the sound. This can make people around feel uncomfortable.



15. **Avoid discussing politics, religion or money on the dining table** . These topics rarely lead to a good outcome and please everyone.

16. Always look straight at the person you're talking to to show respect and **don't interrupt them** .

17. There is nothing wrong when you leave the table, just don't be absent for too long and **politely ask for permission before leaving** .

18. **Maintain intonation** , not too loud or too small, too fast or too slow.

19. **Never check your hair or makeup** on the table.



20. **Do not stare at the phone while eating** . If you really have to use the phone, leave the table and come back when you can focus your attention and chat with people!

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