

## Knife, fork, spoon, spatula...

### At Arete:

Arete is similar to school, we sit together as friends to share a meal and discuss the day, our expectations or our adventures! For meal times to be successful we all play a part to make them run smoothly.

### Pre Course Ideas:

- When you are at home (or school) can you organise a family meal. What part can you play?
- Can you help an adult to plan and prepare the meal? Maybe you can take on the role of serving the food like at Arete or clearing the table
- Can you lay the table for a meal? Meet Holly one of our instructors - she'll show you a demonstration of how to lay the table and her famous 'Knife, Fork, Spoon, Spatula song!'
- Have a look at how you will lay the table at Arete on the [video](https://youtu.be/5Mp2AGEduUk).

## Social Awareness

Identify the impact of your actions  
Develop and value friendships

### Can you:

Lay the table and think of other ways to help at mealtimes

### Additional information:

Knife, Fork, Spoon,  
Spatula...

[Laying the table video](#)

