

Skills for Living

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Topic 16-3

Dining Out

- In this topic, you will learn how to recognize different types of restaurants and menu terms and to make wise food choices when dining out, as well as
 - ❖ **Types of restaurants**
 - ❖ **Ordering from a restaurant menu**
 - ❖ **Making healthful food choices**
 - ❖ **Restaurant etiquette**
 - ❖ **Paying the check**

Dining Out

Objectives for Topic 16-3

After studying this topic, you will be able to

- describe several types of restaurants
- interpret a restaurant menu
- select nutritious foods when eating out
- give etiquette guidelines to follow when dining in a restaurant
- explain the process of paying and tipping in a restaurant

Topic 16-3 Terms

❖ table d'hôte

❖ gratuity

❖ a la carte

Types of Restaurants

- What type of restaurant might you choose when you
 - ❖ are very hungry?
 - ❖ don't feel like preparing a meal?
 - ❖ are dining out for a special occasion?
 - ❖ want to feel pampered?

Did You Know...

- At a buffet, you don't have to wait for all the guests at your table to be seated to start eating



Activity

- Give examples of the following restaurants available in your area
 - ❖ fast-food restaurants
 - ❖ cafeterias
 - ❖ buffets
 - ❖ family restaurants
 - ❖ specialty restaurants
 - ❖ carryout restaurants

Ordering from a Restaurant Menu



- *Table d'hôte* means the entire meal has one price
- *A la carte* menus feature items that are priced individually

Making Healthful Food Choices

- Remember to consider nutrient needs when choosing meals away from home
 - ❖ Select grilled rather than fried foods
 - ❖ Share fries or order a salad instead
 - ❖ Order fruits and vegetables
 - ❖ Order dressings and sauces served on the side
 - ❖ Choose water instead of soda to drink

Restaurant Etiquette

- Use proper table manners
- Arrive on time to meet reservations
- Talk in a low voice to avoid disturbing others
- Be polite if you need to correct your order
- Call the waiter over by raising your hand slightly or softly saying “excuse me”

Paying the Check

- The waiter may take your payment, or you may pay at the door
- If you use cash, the waiter will return your change
- If you pay with a credit card, check the receipt before you sign



Tipping

- A *gratuity*, or tip, is a measure of your gratitude for good service
 - ❖ Standard tips range from 15 to 20 percent
 - ❖ Tip 10 percent at cafeterias or buffets
- A cash tip can be left on the table, on the check tray, or in the check folder
- To add the tip to your credit charge, add the tip to the receipt before writing the total and signing

Did You Know...

- Tips are a substantial part of the income of servers



Summary for Topic 16-3

- When you dine out, there are several types of restaurants from which to choose
- Becoming familiar with menu terms will help you order your meal
- Learning to make wise food choices will allow you to fit restaurant meals into a healthful diet

Summary for Topic 16-3

- Being aware of restaurant etiquette will enable you to feel more comfortable when dining out
- Knowing about methods of payment and tipping will also help you feel more at ease when eating away from home