

SCHOOL LAUNCH · EXPLORE TRACKS

EXPLORE HOSPITALITY AND HOME

Track 5 of the Explore Tracks: four trails on the kitchen, the table, welcoming guests, and hospitality as honest work.

First edition

*Use hospitality one to another without grudging.
1 Peter 4:9 (KJV)*

COURSE GUIDE

Explore Tracks are for children who want more of what they love. Each track is a set of short stops with a true story, a great picture, something to make, a game and a Field Notebook page.

The Hospitality and Home track has four trails of eight stops. Trail A cooks real food: bread, pancakes, soup, cookies, a pie crust and a family supper. Trail B sets and serves the table, from grace to afternoon tea. Trail C learns biblical hospitality, from Abraham's tent to a party the child plans and hosts. Trail D turns welcome into honest work: a bake-sale plan with costs, prices and profit, a pretend bed-and-breakfast, and Lydia the seller of purple.

WHO IT IS FOR

Written for children about ages 7-9, working beside a parent. Older siblings can join in. Nothing earlier is required.

HOW TO USE THIS COURSE

1. **One stop at a time.** Most stops take 15-25 minutes; cooking and hosting stops take longer and can be split over two days.
2. **Any order.** The four trails are independent, though Trail A's recipes are used in later trails.
3. **Field Notebook.** Each trail builds something: a family recipe book, a table book, a hospitality kit, or a bake-sale plan and B&B brochure. A parent signs each trail certificate.
4. **Badge quizzes.** Each trail has a short, optional oral quiz.

SCOPE AND SEQUENCE

Trail 1: Hospitality and Home 🏠 **Trail A: In the Kitchen** (Self-paced)

Trail 2: Hospitality and Home 🏠 **Trail B: The Table** (Self-paced)

Trail 3: Hospitality and Home 🏠 **Trail C: Hosting and Manners** (Self-paced)

Trail 4: Hospitality and Home 🏠 **Trail D: Hospitality as a Business** (Self-paced)

MATERIALS

- **Field Notebook (a sketchbook or composition book)** One for the whole track.
- **An ordinary kitchen: measuring cups and spoons, bowls, a baking sheet, a loaf pan** A grown-up handles the oven, stove and knives.
- **Cards, envelopes, markers and play money** For invitations, notes, signs and change.
- **A Bible (KJV)** For the verse at each stop.

GRADING

Explore Tracks are not graded. A stop is done when the child has heard the story, done the hands-on part and made a notebook page.

Badges and trail certificates are earned by finishing the stops.

A NOTE TO PARENTS

Kitchen safety: a grown-up is present at every cooking stop and handles the oven, stove, hot pans and sharp knives. Check for food allergies before cooking for or sharing with others.

Parent sign-off before any real selling. Trail D is practice. Stops D2, D4 and D8 carry a sign-off box. Before any real sale, a parent approves the plan, checks local rules for selling homemade food, and is present.

Pictures: Norman Rockwell's *Freedom from Want* (1943) is under copyright; it is linked to the Norman Rockwell Museum website rather than reproduced. All other pictures are public domain or openly licensed (see credits).

This track teaches homemaking and hospitality as good callings for every child, boy or girl, and as service to God and neighbor.

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Trail 4: Hospitality and Home 🏠 **Trail D: Hospitality as a Business**

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Each stop takes 15–25 minutes (cooking stops may take longer). Trails may be done in any order.

HOSPITALITY AND HOME TRAIL A: IN THE KITCHEN

The first trail of the Hospitality and Home track goes into the kitchen: safety and clean hands, measuring with fractions, bread, pancakes, soup, cookies and the science of baking, a simple pie crust, and at last a whole family supper.

This is the  **Scout** level, for ages 7 to 9. Every recipe is short and tested in ordinary home kitchens. A grown-up works beside the child at every stop and handles the oven, the stove and sharp knives.

Each stop adds a recipe card to a **family recipe book**. Five stops earn the **Kitchen Helper badge, part 1**; eight earn part 2 and the **Trail A certificate**.

BEFORE YOU BEGIN

- Wash hands well and follow three-step directions.
- Count to 12 and know what a half is.

MASTERY CHECKLIST

- ☐ I can follow five kitchen safety rules.
- ☐ I can measure with cups and spoons, including $\frac{1}{2}$ and $\frac{1}{4}$.
- ☐ I can tell why bread and cookies rise.
- ☐ I can help make bread, pancakes, soup, cookies and a pie crust.
- ☐ I helped cook a whole family supper.

OPTIONAL BOOKS AND RESOURCES

- **King Arthur Baking: Baking with Kids** (<https://www.kingarthurbaking.com>): Free recipes and tips for children in the kitchen.
- **USDA Food Safety for kids (FoodSafety.gov)** (<https://www.foodsafety.gov>): Clean, separate, cook, chill: simple rules for safe food.
- **Fannie Merritt Farmer, *The Boston Cooking-School Cook Book* (1896), free at Project Gutenberg** (<https://www.gutenberg.org>): An old cookbook that first made level measuring popular; fun to compare with today.

1.1 KITCHEN SAFETY AND CLEAN HANDS

OBJECTIVES

- Wash hands the right way for 20 seconds.
- Name five kitchen safety rules.
- Know which jobs are for grown-ups only.

Warm-up. Rub a little cooking oil and cinnamon on your hands, then wash with cold water only. Is it all gone? Now try warm water and soap.

Video slot. Video coming. Handwashing and kitchen safety for children. Search approved channels (FoodSafety.gov, America's Test Kitchen kids, Homeschool Pop (Alternate)); preview first.

KEY TERMS

germs

Tiny living things too small to see that can make people sick.

hygiene

Keeping yourself and your things clean to stay healthy.

pot holder

A thick cloth pad for holding hot pans.

cross-contamination

When germs from raw meat or eggs get onto other food.

CORE IDEAS

Long ago, God gave Israel many laws about washing. Hands, dishes and clothes were washed before eating and after touching things that were unclean. People did not know about **germs** then, but God did. Washing protects health.

The first rule of the kitchen is **clean hands**. Wet your hands, add soap, and scrub the fronts, the backs, between the fingers and under the nails for 20 seconds, as long as it takes to sing the Doxology slowly. Rinse and dry with a clean towel.

Next come the safety rules. Tie back long hair and roll up sleeves. Turn pan handles toward the back of the stove. Use a **pot holder** for anything hot. Wipe up spills right away so no one slips. Keep raw meat and eggs away from food that will not be cooked.

Some jobs are for grown-ups: the oven, the stove, sharp knives and hot oil. Children can measure, stir, pour, knead, crack eggs, wash vegetables and set the timer. A good cook works carefully and cleans up as he goes.

PICTURE STUDY



Interior of a Kitchen, Martin Drolling, 1815 · Oil on canvas · Musée du Louvre, Paris
Wikimedia Commons · Public domain

Martin Drolling painted this kitchen in Paris. Kitchens were the heart of the home, where families cooked, worked and talked together. Look how neatly the pots are hung up.

Look closely

- Find the copper pots. How are they stored?
- Find the window. Why is light important in a kitchen?
- What are the people doing?

Talk about it

1. Is this kitchen tidy? How can you tell?
2. How is it different from your kitchen?

Safety first. A grown-up must be in the kitchen for every cooking stop and must handle the oven, the stove, hot pans and sharp knives. Check for food allergies before cooking or sharing food.

HANDS-ON: GLITTER GERM TEST

See how germs spread and how washing removes them.

You will need

- A spoonful of cooking oil
- A pinch of glitter or cinnamon

- Soap and warm water
- Paper and pencil

Steps

1. Rub the oil on your hands, then sprinkle on glitter. The glitter is pretend “germs.”
2. Shake hands with someone or touch a doorknob. Where did the germs go?
3. Rinse with cold water only. Look: what is left?
4. Now wash with soap and warm water for 20 seconds. Look again.
5. Make a sign of five kitchen rules for your kitchen wall.

Check your work

- I saw how “germs” spread.
- I washed for 20 seconds with soap.
- I made a kitchen-rules sign.

FIELD NOTEBOOK

1. **Recipe book page 1: Kitchen Rules.** Write five safety rules and draw clean hands.
2. Copy Ecclesiastes 9:10.

Did you know? A Hungarian doctor, Ignaz Semmelweis, showed in 1847 that when doctors washed their hands, far fewer mothers got sick. Soap does not just wash germs away; it breaks apart the oily coat that many germs have. The rule “clean as you go” comes from restaurant kitchens.

Goes deeper in. Life Science, “Germs and Health” (coming soon).

For families. Sources: CDC handwashing guidance (20 seconds); FoodSafety.gov (clean, separate, cook, chill). Semmelweis’s handwashing work at the Vienna General Hospital was in 1847. Drolling’s Interior of a Kitchen (1815) is in the Louvre.

PRACTICE

1. **EASY** How long should you scrub your hands?
2. **EASY** Which way should pan handles point?
3. **MEDIUM** Name two jobs that are for grown-ups only.

Make it a game · Safe or Unsafe?. A grown-up describes a kitchen action (“I left the knife in the dishwater,” “I turned the handle in”). Children give a thumbs up for safe or a thumbs down for unsafe and say why.

Scripture. “Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.” (Ecclesiastes

9:10, KJV)

Whatever work we do, even washing up, we do with all our strength, for God.

Practice: answers

1. 20 seconds.
2. Toward the back of the stove.
3. Any two: oven, stove, sharp knives, hot oil.

1.2 MEASURING: CUPS, SPOONS AND FRACTIONS

OBJECTIVES

- Name the measuring cups and spoons.
- Measure flour level and liquids at eye level.
- Know that 2 halves make 1 whole and 4 quarters make 1 cup.

Warm-up. Fill a 1-cup measure with water. How many times can you fill a $\frac{1}{2}$ cup from it?
A $\frac{1}{4}$ cup?

Video slot. Video coming. How to measure flour, sugar and liquids for children; fractions in recipes. Search approved channels (America's Test Kitchen kids, King Arthur Baking, Homeschool Pop (Alternate)); preview first.

KEY TERMS

fraction

A part of a whole, like $\frac{1}{2}$ (one half) or $\frac{1}{4}$ (one quarter).

level

Flat across the top, with no heap.

teaspoon

A small measuring spoon (tsp).

tablespoon

A bigger measuring spoon; 3 teaspoons make 1 tablespoon (Tbsp).

CORE IDEAS

A recipe is like a map. It tells you what to use and how much. If you put in too much salt or too little flour, the food will not turn out. So good cooks measure carefully.

Dry things like flour and sugar go in nested measuring cups: 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup and $\frac{1}{4}$ cup. Spoon the flour in lightly, then sweep the top **level** with the back of a knife. Do not pack flour down. Brown sugar is the exception: recipes say to pack it.

Liquids go in a clear measuring cup with lines on the side. Set it on the counter and bend down so your eyes are level with the line. Small amounts go in **teaspoons** and **tablespoons**. Three teaspoons make one tablespoon.

Measuring is a lesson in **fractions**. Two $\frac{1}{2}$ cups make 1 cup. Four $\frac{1}{4}$ cups make 1 cup. If you want to make half a recipe, you cut every amount in half. If you double it, you multiply by 2.

PICTURE STUDY



The Milkmaid, Johannes Vermeer, about 1658 · Oil on canvas · Rijksmuseum, Amsterdam
Wikimedia Commons · Public domain

Johannes Vermeer painted this kitchen maid pouring milk so carefully that the stream is a thin line. She is probably making bread pudding from the old bread on the table. Look at how still and careful she is.

Look closely

- Find the stream of milk.
- Find the bread and the basket.
- Where does the light come from?

Talk about it

1. Why does the maid pour so slowly?
2. What does this painting tell you about careful work?

HANDS-ON: FRACTION KITCHEN

Learn fractions with water and rice.

You will need

- A set of measuring cups and spoons
- A bowl of dry rice or water
- A tray to catch spills

Steps

1. Fill the 1-cup with rice. How many $\frac{1}{2}$ cups does it fill? (2.) How many $\frac{1}{4}$ cups? (4.)
2. Fill a tablespoon using a teaspoon. How many teaspoons? (3.)
3. Practice leveling the rice with a knife.
4. Fill a clear liquid cup to the $\frac{1}{2}$ -cup line, with your eyes level.
5. Write: 2 halves = 1 whole; 4 quarters = 1 whole; 3 tsp = 1 Tbsp.

Check your work

- I filled 1 cup with halves and quarters.
- I leveled dry ingredients.
- I can read a liquid line at eye level.

FIELD NOTEBOOK

1. **Recipe book page 2: Measuring.** Draw the cups and spoons with labels.
2. Write the three fraction facts.

Did you know? Fannie Farmer's cookbook of 1896 helped make level measuring popular in America. Many bakers around the world weigh flour on a scale instead of using cups. It is even more exact. A "pinch" is what you can hold between your finger and thumb.

Goes deeper in. Arithmetic, "Fractions," and Small Business & Economics, "Weights and Measures" (coming soon).

For families. Sources: Fannie Merritt Farmer, The Boston Cooking-School Cook Book (1896), which championed level measurements; King Arthur Baking (spoon-and-level method). Vermeer's The Milkmaid (about 1658) is in the Rijksmuseum; the bread-pudding reading is the Rijksmuseum's.

PRACTICE

1. **EASY** How many $\frac{1}{4}$ cups make 1 cup?
2. **EASY** How many teaspoons make a tablespoon?
3. **MEDIUM** If a recipe needs 1 cup of flour and you make half, how much flour?

Make it a game • Fraction Pour Race. Each player has a 1-cup measure and a $\frac{1}{4}$ cup. Race to fill a bowl with exactly 2 cups using only the $\frac{1}{4}$ cup. How many scoops? (8.)

Scripture. "A false balance is abomination to the LORD: but a just weight is his delight." (Proverbs 11:1, KJV)

God loves honest measures. Measuring carefully is a small way to be faithful.

Practice: answers

1. Four.

2. Three.

3. $\frac{1}{2}$ cup.

1.3 BREAD, THE OLDEST RECIPE

OBJECTIVES

- Make a simple loaf of yeast bread.
- Tell how yeast makes bread rise.
- Know the unleavened bread of the Passover and Jesus, the bread of life.

Warm-up. Mix a spoonful of sugar and a packet of yeast in a cup of warm water. Watch for ten minutes. What happens?

Video slot. Video coming. How yeast makes bread rise; kneading and shaping a loaf. Search approved channels (King Arthur Baking, America's Test Kitchen, Townsends for old-time bread); preview first.

KEY TERMS

yeast

A tiny living thing that eats sugar and gives off gas bubbles, which make dough rise.

knead

To push, fold and turn dough to make it stretchy.

leaven

Something that makes dough rise, like yeast.

unleavened

Made without leaven, so it stays flat.

CORE IDEAS

Bread is one of the oldest foods in the world. In the Bible, Abraham's wife Sarah baked cakes of fine meal for guests, and Jesus taught us to pray, "Give us this day our daily bread."

On the night God brought Israel out of Egypt, there was no time to wait for dough to rise. So they ate **unleavened** bread, flat bread made without **leaven** (Exodus 12). Every year at Passover, Israel ate unleavened bread to remember how God saved them.

Most bread rises because of **yeast**. Yeast eats a little sugar and gives off tiny bubbles of gas. When you **knead** the dough, you make it stretchy, so it holds the bubbles like a balloon. Then, in the oven, the bubbles grow and the bread sets.

Jesus said, "I am the bread of life: he that cometh to me shall never hunger" (John 6:35). Just as bread feeds our bodies every day, Jesus gives life to our souls.

PICTURE STUDY



Woman Baking Bread, Jean-François Millet, 1854 · Oil on canvas · Kröller-Müller Museum, Otterlo
Wikimedia Commons · Public domain

Jean-François Millet painted French country people at their daily work. Here a woman puts loaves into the family's big brick oven. Baking bread was weekly work in most homes.

Look closely

- Find the oven door.
- Find the loaf on the wooden peel (paddle).
- How is she standing? Is the work easy or hard?

Talk about it

1. Why do you think Millet painted ordinary work?
2. What does “daily bread” mean to you?

Safety first. A grown-up must be in the kitchen for every cooking stop and must handle the oven, the stove, hot pans and sharp knives. Check for food allergies before cooking or sharing food.

HANDS-ON: A SIMPLE LOAF

Bake one loaf of white bread with a grown-up.

You will need

- 3 cups all-purpose flour (plus a little extra)
- 2¼ teaspoons (1 packet) instant or active dry yeast

- 1 tablespoon sugar
- 1 teaspoon salt
- 1 cup warm water (warm like a bath, about 110°F)
- 2 tablespoons oil or melted butter
- A loaf pan, greased

Steps

1. Stir the warm water, sugar and yeast in a big bowl. Wait 5 minutes until foamy.
2. Add the oil, salt and 3 cups of flour. Stir until it makes a shaggy dough.
3. Knead on a floured counter for 8 minutes, until smooth and stretchy. (Push, fold, turn.)
4. Put it in an oiled bowl, cover, and let it rise in a warm place about 1 hour, until doubled.
5. Punch it down, shape a log and put it in the pan. Let it rise 30 more minutes.
6. A grown-up bakes it at 375°F for about 30 minutes, until golden and hollow-sounding when tapped. Cool before slicing.

Check your work

- I measured and kneaded the dough.
- My dough doubled.
- I can tell how yeast makes bread rise.

FIELD NOTEBOOK

1. **Recipe book page 3: A Simple Loaf.** Copy the recipe and draw your bread.
2. Copy John 6:35.

Did you know? Yeast is a living fungus, so it needs warm, not hot, water. Too hot kills it. The holes in bread are where the gas bubbles were. Bethlehem means “house of bread” in Hebrew.

Goes deeper in. Life Science, “Yeast and Fungi,” and Bible, “The Passover” (coming soon).

For families. Recipe is a standard one-loaf white sandwich bread (3 cups flour, 1 cup water, 2¼ tsp yeast, 375°F about 30 minutes). Scripture: Exodus 12:8, 15–20, 39; Matthew 6:11; John 6:35. “Bethlehem” (Beit Lechem) means “house of bread.”

PRACTICE

1. **EASY** What makes bread rise?
2. **MEDIUM** Why did Israel eat unleavened bread at Passover?
3. **EASY** What did Jesus say He is?

Make it a game · Rise and Fall. Children crouch like dough. When the caller says “Yeast!” they slowly rise up tall; “Punch down!” they crouch again; “Oven!” they freeze tall. Anyone who moves on the wrong word sits out a round.

Scripture. “And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.” (John 6:35, KJV)

Bread feeds the body; Jesus gives life to the soul.

Practice: answers

1. Yeast, which makes gas bubbles.
2. They left Egypt in a hurry with no time for dough to rise; they remember how God saved them.
3. The bread of life.

1.4 PANCAKES AND A HOT BREAKFAST

OBJECTIVES

- Mix pancake batter from a recipe.
- Tell how baking powder makes pancakes fluffy.
- Help serve a hot breakfast.

Warm-up. Drop a pinch of baking powder into a little warm water. What do you see and hear?

Video slot. Video coming. Making pancakes with children; how baking powder works. Search approved channels (America's Test Kitchen kids, King Arthur Baking); preview first.

KEY TERMS

batter

A runny mixture of flour, eggs and milk.

baking powder

A white powder that makes bubbles when wet and hot, so batter puffs up.

griddle

A flat, heavy pan for cooking pancakes.

flip

To turn food over with a spatula.

CORE IDEAS

People all over the world eat pancakes. In England, Shrove Tuesday, the day before Lent begins, is called Pancake Day. In one English town, Olney, women run a pancake race, tossing pancakes in a frying pan as they go. The town's tradition says it began in 1445!

A pancake **batter** has dry things (flour, sugar, salt and **baking powder**) and wet things (milk, an egg and melted butter). Mix them separately, then stir them together just until no dry flour shows. Lumps are fine! Too much stirring makes pancakes tough.

When the batter hits the hot **griddle**, the baking powder makes bubbles. Watch the top of each pancake. When bubbles rise and pop and the edges look dry, it is time to **flip**.

A hot breakfast is a gift of hospitality to your family. Set the table, pour the milk, warm the syrup and bring the pancakes while they are hot. Then sit down together and give thanks.

PICTURE STUDY



The Pancake Woman, Rembrandt van Rijn, 1635 · Etching · National Gallery of Art, Washington
Wikimedia Commons · CC0

Rembrandt made this etching of a woman selling pancakes on the street in Amsterdam. Children gather around, hungry and eager. One little boy guards his pancake from a dog!

Look closely

- Find the pan.
- Find the boy and the dog.
- Count the children.

Talk about it

1. Why do the children crowd around?
2. What is funny in this picture?

Safety first. A grown-up must be in the kitchen for every cooking stop and must handle the oven, the stove, hot pans and sharp knives. Check for food allergies before cooking or sharing food.

HANDS-ON: FAMILY PANCAKES

Make about ten pancakes with a grown-up at the stove.

You will need

- 1 cup flour
- 1 tablespoon sugar

- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- 1 egg
- 2 tablespoons melted butter
- A griddle or frying pan, a spatula and a ¼-cup measure

Steps

1. In one bowl, stir the flour, sugar, baking powder and salt.
2. In another bowl, whisk the milk, egg and melted butter.
3. Pour the wet into the dry and stir gently just until mixed. Lumps are fine.
4. A grown-up heats the lightly greased griddle over medium heat and pours ¼ cup of batter for each pancake.
5. Watch for bubbles and dry edges, then the grown-up flips. Cook until golden.
6. Help set the table and serve while hot.

Check your work

- I measured the dry and wet parts.
- I watched for bubbles.
- I helped serve breakfast.

FIELD NOTEBOOK

1. **Recipe book page 4: Pancakes.** Copy the recipe and draw a stack.
2. Write: “When the bubbles pop, it’s time to flip.”

Did you know? The Olney pancake race was revived in 1948 and has been run every year since. Maple syrup is boiled down from tree sap. It takes about 40 gallons of sap to make 1 gallon of syrup. In America, pancakes were once called “johnnycakes,” “griddle cakes” or “flapjacks.”

Goes deeper in. Arithmetic, “Measuring,” and Life Science, “Chemical Changes” (coming soon).

For families. Recipe is a standard American buttermilk-free pancake (1 cup flour, 2 tsp baking powder, 1 cup milk, 1 egg). Olney Pancake Race: 1445 is the town’s tradition, not documented; the race was revived in 1948 (BBC; olneypancakeraace.org; folklorists doubt the early date). The child text says “tradition says.” Maple syrup about 40:1 sap to syrup (USDA/extension figures). Rembrandt’s *The Pancake Woman* (1635), impressions in many collections including NGA Washington.

PRACTICE

1. **EASY** What makes pancakes fluffy?
2. **MEDIUM** Why shouldn't you stir the batter too much?
3. **EASY** When do you flip a pancake?

Make it a game • Pancake Race. Each child carries a paper-plate “pancake” in a frying pan (or on a book) across the yard and “flips” it three times on the way. Drop it and you go back.

Scripture. “The eyes of all wait upon thee; and thou givest them their meat in due season.” (Psalm 145:15, KJV)

Every breakfast comes from God, who gives food in its season.

Practice: answers

1. Baking powder, which makes bubbles.
2. It makes pancakes tough.
3. When bubbles rise and pop and the edges look dry.

1.5 SOUP FOR A COLD DAY

OBJECTIVES

- Wash and help prepare vegetables safely.
- Help make a pot of vegetable soup.
- Take soup to someone who needs it.

Warm-up. Read Genesis 25:29–34. What did Esau trade for a bowl of red soup (pottage)? Was it a good trade?

Video slot. Video coming. Making vegetable soup with children; safe vegetable prep. Search approved channels (America’s Test Kitchen kids, a university extension channel); preview first.

KEY TERMS

broth

The flavored liquid of a soup.

simmer

To cook gently with small bubbles, not a rolling boil.

pottage

An old word for a thick soup or stew.

dice

To cut into small cubes.

CORE IDEAS

Soup is one of the oldest and kindest foods. In Genesis, Jacob cooked a red **pottage** of lentils. His hungry brother Esau traded his birthright for one bowl, a foolish trade that he later regretted.

In the prophet Elisha’s day, there was a famine. The young prophets made a pot of stew, and by mistake someone added wild gourds that tasted bitter. Elisha threw in some meal, and the soup became good to eat (2 Kings 4:38–41).

To make soup, you need **broth**, vegetables and time. Children can wash carrots and potatoes, peel with a peeler, and measure. A grown-up does the **dicing** with a sharp knife. Everything goes into the pot and **simmers** gently until soft.

Soup is a food for sharing. A pot of soup can feed a big family, or be carried to a neighbor who is sick or has a new baby. That is hospitality going out the door.

PICTURE STUDY



Girl Eating Soup, Albert Anker, 1898 · Oil on canvas · Private collection
Wikimedia Commons · Public domain

Albert Anker was a Swiss painter who painted village children and old people with great kindness. Here a girl eats a simple bowl of soup. Nothing fancy, but she is fed and cared for.

Look closely

- Find the bowl and spoon.
- What is the girl wearing?
- What else is on the table?

Talk about it

1. How do you think the girl feels?
2. Who made her soup, do you think?

Safety first. A grown-up must be in the kitchen for every cooking stop and must handle the oven, the stove, hot pans and sharp knives. Check for food allergies before cooking or sharing food.

HANDS-ON: NEIGHBOR VEGETABLE SOUP

Make a pot of soup with a grown-up and share some.

You will need

- 1 onion, 2 carrots, 2 celery stalks, 2 potatoes
- 1 can (about 15 ounces) diced tomatoes

- 6 cups chicken or vegetable broth
- 1 cup small pasta or rice (optional)
- 1 tablespoon oil, 1 teaspoon salt, pepper, a bay leaf
- A large pot, a vegetable peeler

Steps

1. Wash all the vegetables. Peel the carrots and potatoes with a peeler.
2. A grown-up dices the vegetables.
3. The grown-up warms the oil in the pot and cooks the onion, carrot and celery for 5 minutes.
4. Add the potatoes, tomatoes, broth, salt, pepper and bay leaf. Simmer about 25 minutes, until soft. Add pasta for the last 10 minutes.
5. Take out the bay leaf. Ladle some into a jar for a neighbor (cooled first, with a grown-up).

Check your work

- I washed and peeled vegetables.
- I helped make a pot of soup.
- We shared soup with someone.

FIELD NOTEBOOK

1. **Recipe book page 5: Vegetable Soup.** Copy the recipe.
2. Write who you shared soup with and what they said.

Did you know? The word “restaurant” comes from a French word for a restoring soup. Stone Soup is an old folk tale about villagers who each add one thing to a pot and share a feast. Soup keeps well and often tastes even better the next day.

Goes deeper in. Life Science, “Plants We Eat” (coming soon).

For families. Scripture: Genesis 25:29–34; 2 Kings 4:38–41. The “restaurant” etymology (restaurer, a restorative broth sold in 18th-century Paris) is standard. Anker’s Suppe essendes Mädchen (1898). Check allergies before sharing food; follow food-safety cooling rules.

PRACTICE

1. **EASY** What did Esau trade for a bowl of pottage?
2. **EASY** What does “simmer” mean?
3. **MEDIUM** Who could you take soup to?

Make it a game • Stone Soup. Tell the Stone Soup folk tale. Each child “adds” a pretend ingredient to a big pot and says what it is. The last child stirs and everyone

“tastes.”

Scripture. “Better is a dinner of herbs where love is, than a stalled ox and hatred therewith.” (Proverbs 15:17, KJV)

A simple soup shared with love is better than a feast without it.

Practice: answers

1. His birthright.
2. To cook gently with small bubbles.
3. Answers vary: a sick neighbor, a new mother, an elderly friend.

1.6 COOKIES AND THE SCIENCE OF BAKING

OBJECTIVES

- Bake a batch of cookies.
- Tell what baking soda, butter, sugar and eggs each do.
- Explain why dough rises and browns.

Warm-up. Put a spoonful of baking soda in a cup and add a splash of vinegar. What happens? That same fizz helps cookies puff.

Video slot. Video coming. The science of cookies: baking soda, butter and sugar. Search approved channels (America’s Test Kitchen kids, King Arthur Baking, SciShow Kids vetted per video); preview first.

KEY TERMS

baking soda

A powder that makes gas bubbles when it meets something sour and heat, so dough puffs.

cream

To beat butter and sugar together until light and fluffy.

dough

A thick mixture of flour and other things, stiff enough to shape.

browning

The golden color and toasty taste that come when sugars heat up.

CORE IDEAS

Baking is kitchen science. Every ingredient has a job. **Flour** builds the structure, like the walls of a house. **Eggs** hold everything together. **Butter** makes cookies tender and rich.

Sugar makes cookies sweet, but it also helps them spread and turn golden brown. When you **cream** butter and sugar together, you beat in tiny air bubbles that make the cookies lighter.

Baking soda is the rising helper. When it gets wet and warm, especially with brown sugar, which is a little sour, it gives off gas bubbles. The bubbles puff the dough up, and the heat sets it.

In the hot oven, the edges turn golden. This **browning** makes the toasty smell that fills the house. God made the world with order, so the same recipe works the same way every time. That is why careful measuring matters.

PICTURE STUDY



Breakfast Table with Blackberry Pie, Willem Claesz. Heda, 1631 · Oil on panel · Gemäldegalerie Alte Meister, Dresden
Wikimedia Commons · Public domain

Willem Claesz. Heda was a Dutch painter of the 1600s who loved painting tables of food so real you want to reach in. Look at the flaky crust of the blackberry pie and the shine on the silver.

Look closely

- Find the pie. Where is it broken open?
- Find the light on the silver and glass.
- What would you taste first?

Talk about it

1. Why would someone paint food?
2. How did the painter show the crust is crunchy?

Safety first. A grown-up must be in the kitchen for every cooking stop and must handle the oven, the stove, hot pans and sharp knives. Check for food allergies before cooking or sharing food.

HANDS-ON: CHOCOLATE CHIP COOKIES (ABOUT 24)

Bake cookies and watch the science.

You will need

- ½ cup (1 stick) butter, softened
- ½ cup brown sugar, packed
- ¼ cup white sugar
- 1 egg
- 1 teaspoon vanilla
- 1¼ cups flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup chocolate chips
- Baking sheets lined with parchment

Steps

1. A grown-up heats the oven to 350°F.
2. Cream the butter and both sugars until fluffy, about 2 minutes.
3. Beat in the egg and vanilla.
4. Stir in the flour, baking soda and salt, then the chocolate chips.
5. Drop rounded tablespoons of dough 2 inches apart on the sheets.
6. A grown-up bakes them 9 to 11 minutes, until the edges are golden. Cool on the pan 5 minutes.
7. Bake one cookie with no baking soda (scoop a little dough before adding it). Compare!

Check your work

- I creamed the butter and sugar.
- I compared a cookie with and without baking soda.
- I can tell what two ingredients do.

FIELD NOTEBOOK

1. **Recipe book page 6: Cookies.** Copy the recipe.
2. Make a chart: ingredient and its job (flour, egg, butter, sugar, baking soda).

Did you know? Chocolate chip cookies were invented in the 1930s at the Toll House Inn in Massachusetts by Ruth Wakefield. Chilling cookie dough makes cookies spread less. The word “cookie” comes from a Dutch word, koekje, meaning “little cake.”

Goes deeper in. Life Science, “Chemical Changes” (coming soon).

For families. Recipe is a half batch of the classic Toll House-style cookie (350°F, 9–11 minutes). Ruth Wakefield’s chocolate chip cookie at the Toll House Inn, Whitman, Massachusetts, about 1938. Brown sugar (molasses) is mildly acidic. “Cookie” from Dutch koekje. Heda’s Breakfast Table with Blackberry Pie (1631) is in Dresden.

PRACTICE

1. **EASY** What does baking soda do?
2. **MEDIUM** What does creaming butter and sugar do?
3. **EASY** What makes cookies golden?

Make it a game • Ingredient Jobs. Each child is an ingredient wearing a paper name tag. The caller says a job (“I hold everything together!”) and the right ingredient (egg) stands up.

Scripture. “While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease.” (Genesis 8:22, KJV)

God keeps the world in order. Because His creation is faithful, a good recipe works every time.

Practice: answers

1. It makes gas bubbles that puff the dough.
2. It beats in tiny air bubbles that make cookies lighter.
3. Browning: sugars heating in the oven.

1.7 A SIMPLE PIE CRUST

OBJECTIVES

- Make a pie crust with flour, salt, cold butter and ice water.
- Tell why the butter must stay cold.
- Fill a pie or hand pies.

Warm-up. Look at a flaky biscuit or croissant. Can you see layers? Cold butter makes those layers.

Video slot. Video coming. Making pie crust with children: cutting in cold butter and rolling out. Search approved channels (King Arthur Baking, America’s Test Kitchen); preview first.

KEY TERMS

crust

The pastry shell of a pie.

cut in

To mix cold butter into flour until it is in pea-size bits.

flaky

Made of thin, crisp layers.

rolling pin

A round roller for flattening dough.

CORE IDEAS

Pies have been made for hundreds of years. Long ago, a pie crust was sometimes just a hard “coffin” to hold meat while it baked. Today a good crust is tender and **flaky**, a treat by itself.

A simple **crust** has only four things: flour, salt, very cold butter and ice water. The secret is keeping the butter cold. You **cut in** the butter until it is in bits like peas, then add just enough ice water to hold it together.

Why cold? In the oven, the little bits of cold butter melt and give off steam. The steam puffs up thin layers of dough, making it flaky. If the butter melts too soon, from warm hands or a warm kitchen, the crust turns tough and flat.

Roll the dough gently with a **rolling pin**, lay it in the pie plate, fill it and bake. American pioneer women made pies from whatever they had: apples, berries, pumpkins and even crackers. A pie is a gift that says, “I took time for you.”

PICTURE STUDY



A Woman Preparing Bread and Butter for a Boy, Pieter de Hooch, about 1660–1663 · Oil on canvas · J. Paul Getty Museum, Los Angeles
Wikimedia Commons · Public domain

Pieter de Hooch painted quiet moments of Dutch family life. Here a mother prepares a snack for her son before school. Some think he holds his hat because he has just said grace.

Look closely

- Find the bread and the knife.
- Find the open door. What is outside?
- What is the boy holding?

Talk about it

1. How does the mother show love?
2. Why do you think the boy is standing so still?

Safety first. A grown-up must be in the kitchen for every cooking stop and must handle the oven, the stove, hot pans and sharp knives. Check for food allergies before cooking or sharing food.

HANDS-ON: HAND PIES

Make one crust and turn it into little fruit hand pies.

You will need

- 1¼ cups flour

- ½ teaspoon salt
- ½ cup (1 stick) very cold butter, cut in cubes
- 3 to 4 tablespoons ice water
- Jam or pie filling
- A pastry cutter or two forks, a rolling pin, a fork for crimping

Steps

1. Stir the flour and salt in a bowl. Add the cold butter.
2. Cut in the butter with a pastry cutter or forks until it looks like peas and crumbs.
3. Sprinkle in ice water, a tablespoon at a time, and stir until the dough just holds together when pinched.
4. Pat into a disk, wrap and chill 30 minutes.
5. Roll it out, cut 4-inch circles, put a spoonful of jam in each, fold over and press the edges with a fork.
6. A grown-up bakes them at 400°F for about 18 to 20 minutes, until golden.

Check your work

- I kept the butter cold.
- I rolled and filled the dough.
- I can tell why cold butter makes flaky layers.

FIELD NOTEBOOK

1. **Recipe book page 7: Pie Crust.** Copy the recipe.
2. Draw the butter bits turning to steam in the oven.

Did you know? Apple pie came to America with English, Dutch and Swedish settlers. Chill the dough 30 minutes before rolling. It rolls better. A lattice top is made by weaving strips of dough over and under.

Goes deeper in. Arithmetic, “Fractions,” and History, “Pioneer Life” (coming soon).

For families. Recipe is a standard single all-butter crust (1¼ cups flour, ½ cup butter, 3–4 Tbsp ice water). Medieval “coffins” were thick pastry cases. Apple pie origins: European settlers (Britannica). The de Hooch painting (about 1660–63) is at the Getty; the grace interpretation is the museum’s suggestion.

PRACTICE

1. **EASY** What four things make a simple crust?
2. **MEDIUM** Why must the butter stay cold?
3. **EASY** What does “cut in” mean?

Make it a game · Lattice Weave. Use strips of paper in two colors. Race to weave a lattice “pie top”: over, under, over, under.

Scripture. “And whatsoever ye do, do it heartily, as to the Lord, and not unto men;”
(Colossians 3:23, KJV)

Even rolling out a pie crust can be done heartily, as a gift to the Lord.

Practice: answers

1. Flour, salt, cold butter and ice water.
2. Cold bits melt into steam in the oven and puff up flaky layers.
3. Mixing cold butter into flour until it is in pea-size bits.

1.8 COOK A WHOLE FAMILY SUPPER

OBJECTIVES

- Plan a simple supper menu.
- Make a shopping list and a cooking timeline.
- Cook and serve a supper with a grown-up.

Warm-up. Think about your favorite supper. What is the main dish? What goes with it? What is for dessert?

Video slot. Video coming. Planning and cooking a simple family dinner with children. Search approved channels (America’s Test Kitchen kids, a homemaking channel vetted per video); preview first.

KEY TERMS

menu

A list of the foods for a meal.

main dish

The biggest part of a meal, like chicken or a casserole.

side dish

A smaller food that goes with the main dish, like peas or salad.

timeline

A plan of what to do and when, so everything is ready together.

CORE IDEAS

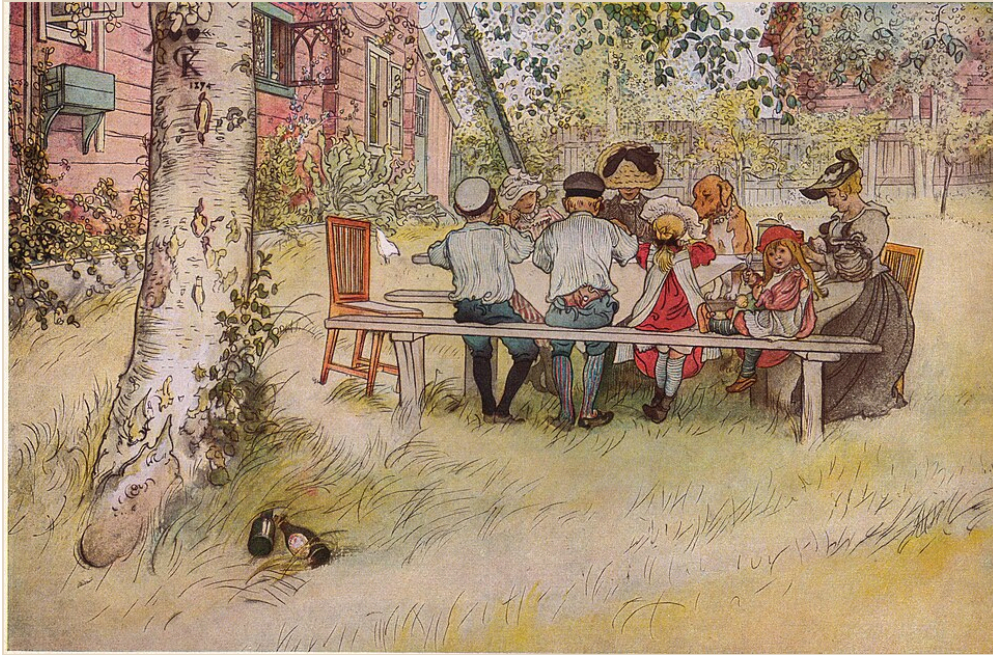
Now you are ready to plan a whole supper! A supper has a **main dish**, one or two **side dishes** and maybe bread and a dessert. Choose foods you have learned: bread from Stop A3, soup from Stop A5, a pie from Stop A7.

First, write the **menu**. Next, check the pantry and make a shopping list. Then make a **timeline**. Which food takes longest? Start that first. The bread must rise, the pie must bake, and the soup must simmer, so plan ahead.

On the day, wash your hands, tie back your hair, and work beside your grown-up. Set the table while things cook (you will learn more in Trail B). Keep the kitchen tidy as you go.

When all is ready, call the family. Serve the food, say grace together and enjoy it. Afterward, everyone helps clear and wash up. A meal made with care is one of the best gifts you can give your family.

PICTURE STUDY



Breakfast under the Big Birch, Carl Larsson, 1896 · Watercolor · Nationalmuseum, Stockholm
Wikimedia Commons · Public domain

Carl Larsson painted his own family at their country home in Sweden. Here they eat breakfast outside under a great birch tree. Everyone has a place at the table.

Look closely

- Count the people at the table.
- Find someone bringing food.
- Find the dog.

Talk about it

1. What makes this meal happy?
2. What job would you like at this table?

Safety first. A grown-up must be in the kitchen for every cooking stop and must handle the oven, the stove, hot pans and sharp knives. Check for food allergies before cooking or sharing food.

HANDS-ON: SUPPER PLAN AND COOK

Plan, shop for and cook a family supper.

You will need

- Paper and pencil
- Recipes from this trail

- A grown-up and a shopping trip

Steps

1. Write the menu: main dish, side dish, bread, dessert.
2. Write the shopping list. Check the pantry first and cross off what you have.
3. Make a timeline: start with the longest food. Write times, like 3:00 bread dough, 4:00 pie in oven, 5:00 soup on.
4. Cook with your grown-up following your timeline.
5. Set the table, serve, say grace, and help clean up.

Check your work

- I wrote a menu and a shopping list.
- I made a timeline.
- I helped cook and serve a supper.

FIELD NOTEBOOK

1. **Recipe book page 8: My Supper.** Paste in your menu and timeline.
2. Draw your family at the supper table.

Did you know? Restaurant chefs call their plan *mise en place*, French for “everything in its place.” Many families in history ate their biggest meal at midday, called dinner, and a light supper at night. The Lord Jesus often ate with His friends, and His first miracle was at a wedding feast.

Goes deeper in. Small Business & Economics, “Planning and Budgets” (coming soon).

For families. Larsson’s *Breakfast under the Big Birch* (1896) is from his watercolor series *Ett hem* (A Home), Nationalmuseum, Stockholm. Keep the supper simple; one new dish plus familiar foods is plenty for this age.

PRACTICE

1. **EASY** What is a menu?
2. **MEDIUM** On a timeline, which food do you start first?
3. **EASY** Name a main dish and a side dish.

Make it a game • Menu Match. Write main dishes and side dishes on cards. Players match them into good menus and explain why they go together.

Scripture. “And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,” (Acts 2:46, KJV)

The first Christians shared meals in their homes with gladness. Family meals can be glad and thankful too.

Practice: answers

1. A list of the foods for a meal.
2. The one that takes longest.
3. Answers vary, e.g., chicken and peas.

TRAIL 1 BADGE QUIZ

The badge quiz is optional. Read each question aloud; the child may answer by talking, pointing or drawing. Four right out of five earns the first badge; three right out of four earns the second. Badges and the certificate are earned by doing the stops, not by scores.

Badge quiz 1 (Stops 1-5)

1. How long should you wash your hands?
2. How many $\frac{1}{2}$ cups make 1 cup?
3. What makes bread rise?
4. When do you flip a pancake?
5. What does simmer mean?

Badge quiz 2 (Stops 6-8)

6. What does baking soda do in cookies?
7. Why keep pie-crust butter cold?
8. What is a menu?
9. Which food do you start first on a timeline?

TRAIL CERTIFICATE: MY FAMILY RECIPE BOOK AND TRAIL A CERTIFICATE

Gather your eight recipe pages into a booklet: "Our Family Recipe Book," with your name and dates. Add one favorite family recipe from a grandparent or parent.

Cook one recipe from the book again on your own, with a grown-up watching.

When the book is done, a parent signs the Trail A certificate.

- **Recipes:** Eight pages with recipes and drawings.
- **Safety:** Rules followed every time.
- **Measuring:** Measures level and reads fractions.
- **Service:** Helped cook and serve a family supper.

Answer key

1. 20 seconds.
2. Two.
3. Yeast.
4. When bubbles pop and the edges look dry.
5. To cook gently with small bubbles.
6. Makes bubbles so they puff.
7. It makes steam and flaky layers in the oven.
8. A list of the foods for a meal.
9. The one that takes longest.

HOSPITALITY AND HOME TRAIL B: THE TABLE

The second trail of the Hospitality and Home track gathers around the table: setting it everyday and formal, folding napkins, a centerpiece from the garden, saying grace, table manners and good conversation, serving and clearing, and the history of afternoon tea.

This is the  **Scout** level, for ages 7 to 9. Every stop is practiced at the family's own table, with the family's own dishes.

Each stop adds a page to a **table book** with a photo or drawing of the child's work. Five stops earn the **Table Setter badge, part 1**; eight earn part 2 and the **Trail B certificate**.

BEFORE YOU BEGIN

- Carry a plate across a room carefully.
- Know left from right.

MASTERY CHECKLIST

- ☐ I can set an everyday table correctly.
- ☐ I can name the pieces of a formal place setting.
- ☐ I can fold two napkin styles.
- ☐ I can say a grace and practice five table manners.
- ☐ I can serve, clear and host a simple tea.

OPTIONAL BOOKS AND RESOURCES

- **Emily Post Institute** (<https://emilypost.com>): Diagrams of place settings and plain guidance on table manners.
- **Norman Rockwell Museum: *Freedom from Want* (1943)** (<https://www.nrm.org>): Rockwell's famous Thanksgiving table painting is under copyright; view it at the museum's own website instead of a printed copy.
- **Project Gutenberg: old etiquette books** (<https://www.gutenberg.org>): Emily Post, *Etiquette* (1922), is free and fun for parents to browse.

2.1 SETTING A TABLE: FORKS LEFT, KNIVES AND SPOONS RIGHT

OBJECTIVES

- Set an everyday place: plate, fork, knife, spoon, glass and napkin.
- Remember: forks left, knives and spoons right.
- Turn the knife blade toward the plate.

Warm-up. Hold up your left hand and make an L with your thumb and finger. L for left, and “fork” has four letters, like “left.” “Knife” and “spoon” have five letters, like “right.”

Video slot. Video coming. How to set a table for children, everyday place setting. Search approved channels (Emily Post Institute, a homemaking or etiquette channel vetted per video); preview first.

KEY TERMS

place setting

The dishes and silverware for one person at a table.

flatware

Forks, knives and spoons (also called silverware).

blade

The cutting edge of a knife.

tumbler

A drinking glass without a stem.

CORE IDEAS

Setting the table is one of the first ways a child can serve the whole family. A neat table says, “We are glad to eat together.”

Start with the plate in front of the chair, about an inch from the edge of the table. The **fork** goes on the left. The **knife** goes on the right, with the **blade** turned toward the plate, and the **spoon** goes to the right of the knife.

Here is a trick: “fork” and “left” both have four letters. “Knife,” “spoon” and “right” all have five letters. The glass goes above the knife. The napkin goes on the left, beside or under the fork, or on the plate.

Why does the knife blade face in? Long ago, it was polite to show that you meant no harm to the person next to you. Today it is simply the tidy way. Every family meal can start with a table set with care.

PICTURE STUDY



Saying Grace, Jean-Baptiste-Siméon Chardin, 1740 · Oil on canvas · Musée du Louvre, Paris
Wikimedia Commons · Public domain

Jean-Baptiste-Siméon Chardin painted ordinary home life. Here a mother sets the table and her little girls wait for supper. The youngest is about to say grace. We will come back to this painting in Stop B5.

Look closely

- Find the plates and the pot on the table.
- Find the little girl with folded hands.
- Find the drum hanging on the chair.

Talk about it

1. What is the mother doing?
2. Why is setting the table a kind of love?

HANDS-ON: SET A PLACE, FIVE TIMES

Practice until it is quick and neat.

You will need

- Your family's plates, flatware, glasses and napkins
- A large sheet of paper and markers (for a placemat guide)

Steps

1. Draw a placemat guide: a circle for the plate, outlines for the fork (left), knife and spoon (right), glass (above the knife) and napkin.
2. Set one place on top of your guide.
3. Now set the whole table without the guide.
4. Have someone check: forks left? Knife blade in? Glass above the knife?
5. Set the table for supper every day this week.

Check your work

- I made a placemat guide.
- I set the whole table correctly.
- I set the table every day this week.

FIELD NOTEBOOK

1. **Table book page 1: Everyday Setting.** Draw or photograph your place setting and label each piece.
2. Write the “four letters, five letters” trick.

Did you know? Forks were not common at English tables until the 1600s; people used knives, spoons and fingers. Many people place flatware in the order it will be used, from the outside in. In many homes, setting the table is a child’s first chore.

Goes deeper in. Social Skills, “Good Manners at Home” (coming soon).

For families. Sources: Emily Post Institute place-setting guides. Forks in England: popularized after Thomas Coryat’s travels (1611) and common later in the 1600s. The knife-blade custom is commonly explained as courtesy; given as “long ago.” Chardin’s Saying Grace (Le Bénédicité, 1740) is in the Louvre.

PRACTICE

1. **EASY** Which side does the fork go on?
2. **EASY** Which way does the knife blade face?
3. **MEDIUM** Where does the glass go?

Make it a game • Speed Setter. Time each child setting one place correctly. A checker looks for mistakes (each adds 5 seconds). Try to beat your own time.

Scripture. “Let all things be done decently and in order.” (1 Corinthians 14:40, KJV)

A neat table is a small picture of the order God loves.

Practice: answers

1. The left.

2. Toward the plate.

3. Above the knife.

2.2 FORMAL AND EVERYDAY PLACE SETTINGS

OBJECTIVES

- Name the pieces of a formal setting.
- Use flatware from the outside in.
- Know the bread plate is on the left and glasses on the right.

Warm-up. Have you ever been to a wedding or a fancy dinner and seen three forks? Which one would you use first?

Video slot. Video coming. Formal place setting explained; outside-in rule. Search approved channels (Emily Post Institute, an etiquette channel vetted per video); preview first.

KEY TERMS

formal

Fancy and careful, for special occasions.

salad fork

A smaller fork, used for salad.

bread plate

A small plate on the upper left for bread and butter.

dessert spoon

A spoon placed above the plate for dessert.

CORE IDEAS

An everyday table needs only a fork, a knife and a spoon. But for a holiday dinner or a special guest, you may set a **formal** table with more pieces. It looks complicated, but there is one simple rule: **work from the outside in**.

On the left, the **salad fork** is on the outside if salad comes first, then the dinner fork beside the plate. On the right are the dinner knife, then perhaps a soup spoon on the outside, because soup comes first.

Above the plate lie the **dessert spoon** and dessert fork. The **bread plate** sits at the upper left, with a small butter knife across it. Glasses sit at the upper right: water glass first, above the knife.

Remember: “b-d” for bread and drink. Make a b with your left hand and a d with your right. Bread on the left, drink on the right. A formal table honors the guest and the day. Everyday or fancy, it is all for the same reason: to welcome people.

PICTURE STUDY



Breakfast Table with Ham, Willem Claesz. Heda, 1646 · Oil on panel · Wikimedia Commons
Wikimedia Commons · Public domain

Dutch painters often painted “laid tables” with fine cloth, glass and silver. They show how much people valued a table set with care.

Look closely

- Find the knife. Where is it placed?
- Find the glass. How did the painter show it is clear?
- Find the white cloth.

Talk about it

1. What makes this table look special?
2. How is it different from your everyday table?

HANDS-ON: HOLIDAY TABLE PRACTICE

Set one formal place and quiz your family.

You will need

- A dinner plate, salad plate, bread plate and butter knife
- Two forks, a knife, a soup spoon, a dessert spoon
- A water glass and a napkin
- Index cards

Steps

1. Set a formal place following the story: forks left (salad outside), knife then soup spoon right, dessert spoon above, bread plate upper left, glass upper right.
2. Label each piece with a folded index card.
3. Ask a family member to point to what they would use for soup, salad and dessert.
4. Draw a diagram of your formal setting.

Check your work

- I set a formal place.
- I can explain the outside-in rule and b-d.

FIELD NOTEBOOK

1. **Table book page 2: Formal Setting.** Draw and label it.
2. Write the outside-in rule and draw the b-d hands.

Did you know? The “b and d” hand trick is a favorite of etiquette teachers. At very formal dinners in history, there could be ten or more pieces of silverware at each place. If you are not sure which fork to use, quietly watch your host.

Goes deeper in. Social Skills, “Manners Away from Home” (coming soon).

For families. Sources: Emily Post Institute. Settings vary slightly by etiquette guide (some place the salad fork inside if salad follows the main course, the European order). Picture: Heda, Breakfast Table with Ham (1646).

PRACTICE

1. **EASY** Which fork do you use first at a formal dinner?
2. **EASY** Where is the bread plate?
3. **MEDIUM** What does the b-d trick mean?

Make it a game • Which Utensil?. Call out a course (“soup!” “salad!” “dessert!”). Players point to the right piece in a formal setting. The quickest correct point wins.

Scripture. “And Esther answered, If it seem good unto the king, let the king and Haman come this day unto the banquet that I have prepared for him.” (Esther 5:4, KJV)

Queen Esther prepared a careful banquet as a wise way to welcome the king. A special table can serve a good purpose.

Practice: answers

1. The outside one.
2. At the upper left.

3. Bread on the left, drink on the right.

2.3 NAPKIN FOLDING

OBJECTIVES

- Fold a napkin in a simple rectangle and a triangle.
- Fold one fancy fold (the fan or the pocket).
- Know where the napkin goes and how to use it.

Warm-up. Fold a square of paper in half, then in half again. How many squares do you have? Folding is geometry.

Video slot. Video coming. Simple napkin folds for children (rectangle, triangle, fan, pocket). Search approved channels (a homemaking channel vetted per video, Emily Post Institute); preview first.

KEY TERMS

napkin

A cloth or paper square used to wipe the mouth and hands at a meal.

lap

The top of your legs when you sit.

fold

To bend something over on itself.

crease

A sharp line made by folding and pressing.

CORE IDEAS

Cloth napkins have been used for hundreds of years. In the Middle Ages, diners sometimes wiped their hands on the tablecloth! Later, each guest got a napkin of his own.

The simplest folds are the **rectangle** (fold in half, then in half again) and the **triangle** (fold corner to corner). Lay it to the left of the fork or on the plate.

For a special day, try a **fan**: fold the napkin back and forth like an accordion, then pinch one end and let the other spread out in a glass. Or try a **pocket** that holds the silverware.

At the table, when you sit down, unfold your napkin and put it on your **lap**. Dab your mouth, do not scrub. If you leave the table, put it on your chair. When the meal is done, lay it loosely beside your plate.

PICTURE STUDY



Tablecloth and napkins, Photograph, modern · Photograph · Wikimedia Commons
Wikimedia Commons · Public domain

This photograph shows napkins folded for a meal. Look for the shapes and how they sit beside the plates.

Look closely

- What shapes are the napkins folded into?
- Where are they placed?
- Are they cloth or paper?

Talk about it

1. Which fold would you like to try?
2. How do napkins make a table look welcoming?

HANDS-ON: FOUR FOLDS

Learn four napkin folds.

You will need

- Four cloth napkins (or paper squares)
- A glass

Steps

1. Rectangle: fold in half and in half again. Press the creases.

2. Triangle: fold corner to corner, then in half again.
3. Fan: fold back and forth in strips like an accordion, fold in half, and stand it in a glass.
4. Pocket: fold in quarters, fold the top layer corner down, turn it over, fold the sides back, and slide a fork and knife in.
5. Fold napkins for the whole family tonight.

Check your work

- I folded four napkin styles.
- I folded napkins for the family.

FIELD NOTEBOOK

1. **Table book page 3: Napkin Folds.** Draw or tape in paper samples of your four folds.
2. Write the rules: lap, dab, chair, beside the plate.

Did you know? In some royal courts long ago, napkin folding was a special skill with masters who folded napkins into animals and ships. A large dinner napkin is about 20 to 24 inches square. Paper napkins became common in the 1900s.

Goes deeper in. Arithmetic, “Halves and Quarters” (coming soon).

For families. Napkin history: cloth napkins appear in medieval and Renaissance Europe; elaborate folding was a court art in 16th–17th century Italy and France. John 20:7 uses “napkin” for the face cloth (Greek soudarion); the stop does not add folklore about the fold’s meaning.

PRACTICE

1. **EASY** Where does your napkin go when you sit down?
2. **EASY** Where does it go if you leave the table for a moment?
3. **MEDIUM** How do you fold a fan?

Make it a game • Fold Off. Show a fold once. Everyone races to copy it. The neatest fold, judged by a grown-up, wins.

Scripture. “And the napkin, that was about his head, not lying with the linen clothes, but wrapped together in a place by itself.” (John 20:7, KJV)

When Peter and John came to the empty tomb, they found Jesus’ head cloth folded by itself. He had risen!

Practice: answers

1. On your lap.
2. On your chair.

3. Fold back and forth like an accordion, then fold in half and stand it in a glass.

2.4 CENTERPIECES FROM THE GARDEN

OBJECTIVES

- Make a low centerpiece from garden flowers or leaves.
- Keep it low so people can see each other.
- Thank God for the beauty of His creation.

Warm-up. Walk around your yard or a park (with permission) and find three beautiful things: a flower, a leaf, a pinecone.

Video slot. Video coming. Simple flower arranging for children; a low table centerpiece. Search approved channels (a gardening channel such as Epic Gardening vetted per video); preview first.

KEY TERMS

centerpiece

A decoration in the middle of a table.

arrangement

Flowers or leaves placed together in a pleasing way.

vase

A container for flowers.

seasonal

Belonging to a season, like pumpkins in fall.

CORE IDEAS

A **centerpiece** makes a table beautiful. It does not have to be bought. A few garden flowers in a jar, a bowl of apples, or pinecones and leaves in autumn all say “welcome.”

Jesus said, “Consider the lilies of the field, how they grow; they toil not, neither do they spin” (Matthew 6:28). God clothes the flowers in beauty. When we bring them to our table, we remember His care.

The secret of a good table centerpiece is to keep it **low**, lower than people’s faces, so that everyone can see and talk to each other across the table. Tall arrangements belong on a sideboard.

Choose **seasonal** things: tulips or daffodils in spring, roses and herbs in summer, leaves, gourds and apples in fall, evergreen branches and candles in winter. Ask before you pick, cut stems at a slant, and put them in water right away.

PICTURE STUDY



Roses in a Bowl, Henri Fantin-Latour, 1883 · Oil on canvas · The Metropolitan Museum of Art, New York
Wikimedia Commons · CC0

Henri Fantin-Latour was a French painter famous for flowers. He painted these roses in a low bowl, just the right height for a table.

Look closely

- Count the roses.
- What colors do you see?
- How tall is the bowl?

Talk about it

1. Why is a low bowl good for a table?
2. Which flowers would you choose?

HANDS-ON: GARDEN CENTERPIECE

Make a centerpiece for supper.

You will need

- A low jar, bowl or mug
- Flowers, leaves, herbs or fruit (with permission)
- Scissors (with a grown-up)
- Water

Steps

1. Ask permission, then gather flowers, leaves or fruit.
2. Cut the stems at a slant so the arrangement stays low.
3. Put the tallest pieces in the middle and shorter ones around the edge.
4. Sit at the table. Can you see everyone's face over it? If not, make it lower.
5. Draw or photograph your centerpiece.

Check your work

- I made a low centerpiece.
- Everyone can see over it.

FIELD NOTEBOOK

1. **Table book page 4: Centerpiece.** Draw or photograph it.
2. Copy Matthew 6:28.

Did you know? Cutting stems at a slant helps them drink more water. Some herbs, like mint and rosemary, smell lovely in a centerpiece. In the 1800s, people gave flowers meanings: a rose for love, rosemary for remembrance.

Goes deeper in. Gardening & Animals, "Flowers" (coming soon).

For families. Fantin-Latour's Roses in a Bowl (1883) is at the Metropolitan Museum. Children should use scissors with supervision and pick only with permission.

PRACTICE

1. **EASY** What is a centerpiece?
2. **MEDIUM** Why keep it low?
3. **EASY** Name one centerpiece for fall.

Make it a game • Season Sort. Show pictures or real things (pumpkin, tulip, holly, rose). Players sort them into four seasons.

Scripture. "And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:" (Matthew 6:28, KJV)

God clothes the flowers in beauty, and He will care for us too.

Practice: answers

1. A decoration in the middle of the table.
2. So everyone can see and talk across the table.
3. Leaves, apples, gourds, pinecones.

2.5 SAYING GRACE

OBJECTIVES

- Say a grace before a meal.
- Know that Jesus gave thanks before eating.
- Write a family grace.

Warm-up. Think of three foods on your table today. Where did they come from? Who grew them? Who made them grow?

Video slot. Video coming. Saying grace as a family; Jesus feeding the five thousand for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

grace

A short prayer of thanks before (or after) a meal.

blessing

Asking God's good on something; also another word for grace.

Doxology

A short hymn of praise, "Praise God, from whom all blessings flow."

gratitude

Thankfulness.

CORE IDEAS

Before Jesus fed the five thousand with five loaves and two fishes, He looked up to heaven and gave thanks (Matthew 14:19). At the Last Supper, too, He took bread and gave thanks. Christians follow His example and say **grace** before meals.

Saying grace reminds us that all food comes from God. A farmer plants and waters, but God gives the sun, the rain and the growth. Even the hands that cooked are a gift from Him.

Some families sing the **Doxology**. Some say a short prayer like, "Bless us, O Lord, and these thy gifts." Some let a child pray in his own words. In the old days, some families also gave thanks after the meal, as Deuteronomy 8:10 says: "When thou hast eaten and art full, then thou shalt bless the LORD thy God."

When we pray, we sit still, fold our hands or hold hands, and wait to eat until the "Amen." Grace turns a meal into a time of **gratitude**.

PICTURE STUDY



Saying Grace, Jean-Baptiste-Siméon Chardin, 1740 · Oil on canvas · Musée du Louvre, Paris
Wikimedia Commons · Public domain

Look again at Chardin's painting from Stop B1. The little girl folds her hands, and her mother and sister wait patiently while she prays. Chardin showed King Louis XV this painting in 1740.

Look closely

- Find the little girl's hands.
- Find the mother's face. Is she watching or waiting?
- What is on the table?

Talk about it

1. Why do the mother and sister wait?
2. How does your family say grace?

HANDS-ON: OUR FAMILY GRACE

Write and decorate a grace card for your table.

You will need

- A card or heavy paper
- Markers

Steps

1. Write a short grace of thanks, two or three lines, in your own words, or copy one your family uses.
2. Decorate the edges with wheat, fruit or flowers.
3. Fold it to stand like a tent card on the table.
4. Take turns using it at meals this week.
5. Optional: learn the Doxology: "Praise God, from whom all blessings flow; praise Him, all creatures here below; praise Him above, ye heavenly host; praise Father, Son, and Holy Ghost."

Check your work

- I wrote or copied a grace.
- Our family used it at meals.

FIELD NOTEBOOK

1. **Table book page 5: Grace.** Paste in a copy of your grace card.
2. Copy Deuteronomy 8:10.

Did you know? The painting *Saying Grace* by Chardin was so loved that the painter made several copies of it. Norman Rockwell's *Freedom from Want* (1943), a Thanksgiving table, is one of the most famous paintings of an American family meal. It is under copyright, so view it at the Norman Rockwell Museum website (nrm.org). The Doxology was written by Thomas Ken in 1674.

Goes deeper in. Bible, "Prayer" (coming soon).

For families. Scripture: Matthew 14:19; Luke 22:19; Deuteronomy 8:10. Chardin presented *Le Bénédicité* to Louis XV in 1740 and made several replicas. Thomas Ken wrote the Doxology stanza in 1674 (for Winchester College). Rockwell's *Freedom from Want* (1943) is under copyright; it is linked, not reproduced.

PRACTICE

1. **EASY** What is grace?
2. **MEDIUM** What did Jesus do before feeding the five thousand?
3. **EASY** Who gives the food we eat?

Make it a game • Thankful Circle. Before a meal, go around the table. Each person names one food and thanks God for it, then one person prays.

Scripture. "When thou hast eaten and art full, then thou shalt bless the LORD thy God for the good land which he hath given thee." (Deuteronomy 8:10, KJV)

God tells His people to give thanks for His good gifts.

Practice: answers

1. A short prayer of thanks at a meal.
2. He looked up to heaven and gave thanks.
3. God.

2.6 TABLE MANNERS AND GOOD CONVERSATION

OBJECTIVES

- Practice five table manners.
- Ask a good question and listen to the answer.
- Know why manners are a form of kindness.

Warm-up. Think of a time someone was rude at a meal. How did it feel? Manners make everyone comfortable.

Video slot. Video coming. Table manners for children (napkin, chewing, passing, conversation). Search approved channels (Emily Post Institute, an etiquette channel vetted per video); preview first.

KEY TERMS

manners

Polite ways of acting that show respect for others.

conversation

Talking and listening back and forth.

pass

To hand food around the table, usually to the right.

excuse me

Polite words to ask permission to leave or to say sorry.

CORE IDEAS

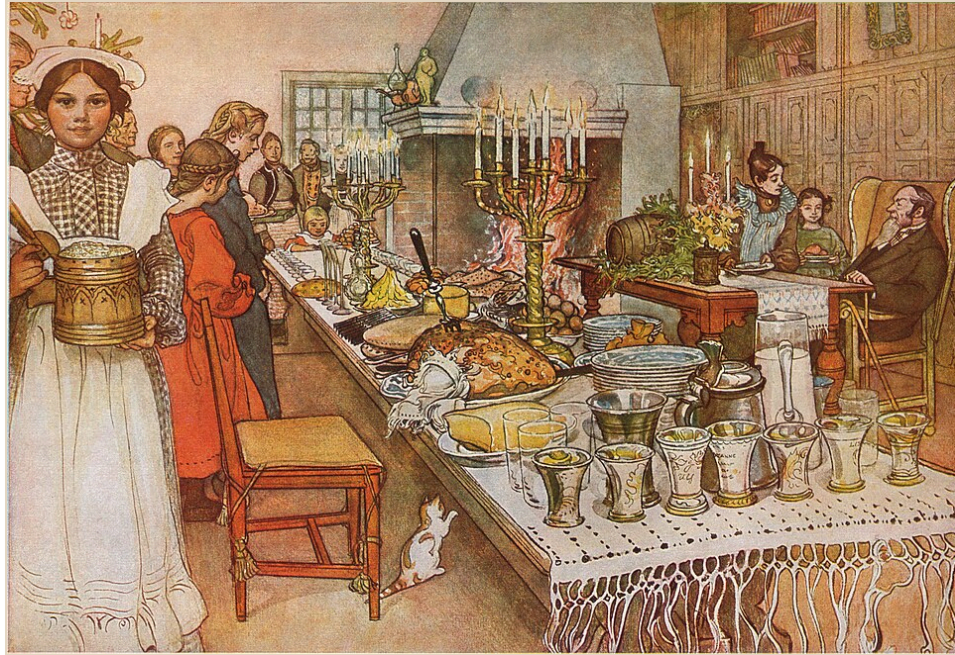
Manners are not just rules. They are ways of loving your neighbor at the table. They show that you care about other people's comfort more than your own.

Here are five manners. **1.** Wait until everyone is served and grace is said before eating. **2.** Chew with your mouth closed and do not talk with food in your mouth. **3.** Ask, "Please pass the potatoes," instead of reaching across. **4.** Keep elbows off the table while eating. **5.** Ask, "May I please be excused?" before leaving.

Good **conversation** is a gift too. Ask someone a question: "What was the best part of your day?" Then listen, look at them and ask another question about their answer. Do not interrupt.

Jesus once watched guests choosing the best seats at a feast. He taught them to take the lowest seat and let the host invite them higher (Luke 14:7–11). Good manners begin with humility.

PICTURE STUDY



Christmas Eve, Carl Larsson, 1904 · Watercolor · Wikimedia Commons
Wikimedia Commons · Public domain

Carl Larsson painted his big family at their Christmas Eve supper. Look for who is talking, who is listening and who is serving.

Look closely

- Who is serving?
- Who seems to be talking?
- What good manners can you see?

Talk about it

1. What makes a meal pleasant?
2. What question would you ask at this table?

HANDS-ON: CONVERSATION JAR

Make a jar of good questions for family meals.

You will need

- A jar
- Slips of paper
- A pencil

Steps

1. Write ten good questions on slips, such as: What made you laugh today? What is one thing you are thankful for? If you could visit any place, where would you go? What Bible story do you love?
2. Fold them and put them in the jar.
3. At supper, pick one and let everyone answer. Listen without interrupting.
4. Practice the five manners all week. Give yourself a check for each.

Check your work

- I wrote ten questions.
- I practiced five manners for a week.

FIELD NOTEBOOK

1. **Table book page 6: Manners.** Write the five manners.
2. Write your three favorite conversation questions.

Did you know? Food is usually passed to the right, counterclockwise. Salt and pepper are passed together, like a married couple. Rest your fork and knife on the plate between bites, never on the tablecloth.

Goes deeper in. Social Skills, “Good Conversation” (coming soon).

For families. Sources: Emily Post Institute. Passing to the right is customary in American etiquette. Luke 14:7-11. Picture: Carl Larsson, Julaftonen (Christmas Eve), 1904.

PRACTICE

1. **EASY** What should you say instead of reaching?
2. **EASY** What do you ask before leaving the table?
3. **MEDIUM** What did Jesus teach about seats at a feast?

Make it a game • Manners Spotter. During a pretend meal, one child makes a deliberate mistake (elbows on the table, talking with mouth full). The first to spot it politely names it and becomes the next actor.

Scripture. “Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.” (Philippians 2:3, KJV)

Good manners put others first, the way this verse teaches.

Practice: answers

1. “Please pass the ____.”
2. “May I please be excused?”

3. Take the lowest seat and let the host invite you higher: be humble.

2.7 SERVING AND CLEARING

OBJECTIVES

- Serve food and drinks carefully.
- Clear the table: plates from the right, stacked in the kitchen.
- Help wash and put away dishes.

Warm-up. Carry a plate with a ball on it across the room without dropping the ball. Slow and steady!

Video slot. Video coming. How to clear a table and wash dishes; serving for children. Search approved channels (a homemaking channel vetted per video); preview first.

KEY TERMS

serve

To bring food to people, or put it on their plates.

clear

To take dishes away after eating.

scrape

To push leftover food off a plate into the trash or compost.

servant

One who helps others. Jesus came as a servant.

CORE IDEAS

At the Last Supper, Jesus took a towel and a basin of water and washed His disciples' feet. Then He said, "If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet" (John 13:14). Serving others is the way of Jesus.

To **serve** at the table, carry one or two things at a time with both hands. Pour drinks only halfway or two-thirds full so they don't spill. Serve the oldest guest or the guests first, then the family.

To **clear**, wait until everyone has finished. Take plates from each person's right side, one or two at a time. Do not stack plates at the table; take them to the kitchen, **scrape** them and stack them there.

Then comes washing up. Fill the sink with hot, soapy water. Wash glasses first, then flatware, then plates, then pots last. Rinse, dry and put away. Many hands make light work!

PICTURE STUDY



Woman and Child with Serving Maid, Pieter de Hooch, about 1663–1665 · Oil on canvas · Wikimedia Commons (Google Art Project)
Wikimedia Commons · Public domain

Dutch painters of the 1600s loved showing quiet household work. Look for the woman serving and the careful way she carries things.

Look closely

- Find the person serving.
- What is she carrying?
- How does she hold it?

Talk about it

1. Why is serving others a good work?
2. How would you serve at your table?

HANDS-ON: SERVE AND CLEAR DRILL

Serve and clear a family meal from start to finish.

You will need

- Your family's dishes
- A dish towel and dish soap

Steps

1. Serve: bring the dishes to the table one or two at a time. Pour drinks two-thirds full.

2. After the meal, clear plates from the right, one or two at a time.
3. In the kitchen, scrape and stack.
4. Wash in order: glasses, flatware, plates, pots. Dry and put away.
5. Make a family chore chart for serving and clearing.

Check your work

- I served without spilling.
- I cleared from the right.
- I washed in the right order.

FIELD NOTEBOOK

1. **Table book page 7: Serve and Clear.** Write the washing order.
2. Copy John 13:14.

Did you know? Some families have a song or a chore chart for washing up. Glasses are washed first because they get greasy from the plates. In great houses long ago, servants called footmen served and cleared each course.

Goes deeper in. Social Skills, “Helping at Home” (coming soon).

For families. Clearing from the right and serving from the left is the traditional formal rule; families may simplify. John 13:1–17. Picture: de Hooch, Woman and Child with Serving Maid.

PRACTICE

1. **EASY** How full should you pour a drink?
2. **MEDIUM** Why not stack plates at the table?
3. **EASY** What did Jesus do to show He was a servant?

Make it a game • Waiter Relay. Teams carry a tray with a plastic cup of water (one-third full) across the room and back. Spill and you go back. Fastest team wins.

Scripture. “If I then, your Lord and Master, have washed your feet; ye also ought to wash one another’s feet.” (John 13:14, KJV)

Jesus, the Lord of all, served His friends. We follow Him when we serve.

Practice: answers

1. Halfway to two-thirds.
2. It is messy and noisy; scrape and stack in the kitchen.
3. He washed His disciples’ feet.

2.8 TEA TIME: THE HISTORY OF AFTERNOON TEA

OBJECTIVES

- Tell how afternoon tea began in England in the 1840s.
- Set a tea table.
- Host a simple tea for family or a friend.

Warm-up. What time is your family hungriest between lunch and supper? Long ago, an English duchess had the same problem.

Video slot. Video coming. The history of afternoon tea; how to set a tea table. Search approved channels (Townsend's for old-time food, Historic Royal Palaces, English Heritage); preview first.

KEY TERMS

afternoon tea

A light meal of tea, sandwiches and cakes in the afternoon, begun in England.

scone

A small, lightly sweet bread, eaten with jam and cream.

teapot

A pot for brewing and pouring tea.

steep

To soak tea leaves in hot water.

CORE IDEAS

Tea came to Europe from China in the 1600s and became the favorite drink of England. In the early 1800s, rich families ate lunch at noon and dinner very late, at eight o'clock or later.

Around 1840, the story goes, Anna, Duchess of Bedford, grew hungry in the late afternoon. She asked for tea, bread and butter and cake to be brought to her room. Soon she invited friends to join her. **Afternoon tea** became a lovely English custom.

A tea table has a **teapot**, cups and saucers, small plates, milk, sugar and lemon, and a plate of small foods: thin sandwiches with the crusts cut off, **scones** with jam, and little cakes or cookies. The hostess pours for each guest.

Tea time is a gift of slowing down. You sit, talk, listen and enjoy simple food together. It is a wonderful way to welcome a friend or a grandparent.

PICTURE STUDY



The Tea, Mary Cassatt, about 1880 · Oil on canvas · Museum of Fine Arts, Boston
Wikimedia Commons · Public domain

Mary Cassatt was an American painter who lived in Paris. In this painting, one lady drinks her tea while her friend sits beside her. Look at the shining silver teapot in front.

Look closely

- Find the silver teapot.
- Find the teacup.
- What are the ladies wearing?

Talk about it

1. What makes this a quiet, peaceful moment?
2. Whom would you invite to tea?

HANDS-ON: A SIMPLE TEA PARTY

Host a tea for your family or a friend.

You will need

- A teapot or pitcher; cups and saucers
- Herbal tea, milk or juice (with a grown-up handling hot water)
- Bread, butter, cucumber or jam for sandwiches
- Cookies from Trail A or bought ones
- A small centerpiece from Stop B4

Steps

1. Set the table with a cloth, cups, saucers, small plates and napkins (Stop B3).
2. Make tea sandwiches: butter the bread, add a filling, cut off the crusts and cut into triangles.
3. A grown-up makes the tea or warm drink.
4. Welcome your guest, pour for them, offer the food, and use your conversation questions.
5. Clear and wash up together afterward.

Check your work

- I set a tea table.
- I made tea sandwiches.
- I welcomed and served a guest.

FIELD NOTEBOOK

1. **Table book page 8: Tea Time.** Draw or photograph your tea table.
2. Write who came and what you talked about.

Did you know? “High tea” was actually the working family’s hearty supper, eaten at a high table. Fancy “afternoon tea” was “low tea,” eaten on low tables in the sitting room. Children can have tea parties with milk, juice or herbal tea instead of black tea. To steep tea, pour hot (not boiling, for children) water over the tea and wait about 3 to 5 minutes.

Goes deeper in. History, “Victorian England” (coming soon).

For families. Sources: English Heritage; Historic Royal Palaces; UK Tea & Infusions Association. Anna Maria Russell, 7th Duchess of Bedford, is traditionally credited with starting afternoon tea around 1840 (at Woburn Abbey); the claim is commonly repeated but not documented, so the child text says “the story goes”; tea reached England in the mid-1600s (Pepys first mentions it in 1660). High tea vs afternoon tea distinction is standard. Children: herbal tea or milk; adults handle boiling water. Mary Cassatt, *The Tea* (about 1880), MFA Boston.

PRACTICE

1. **EASY** Who is said to have started afternoon tea?
2. **EASY** When did it begin?
3. **MEDIUM** Why did she want tea in the afternoon?

Make it a game · Pour Like a Hostess. Practice pouring water from a small pitcher into cups, filling each two-thirds without spilling. Whoever fills four cups neatly wins.

Scripture. “Use hospitality one to another without grudging.” (1 Peter 4:9, KJV)

Inviting someone to tea is hospitality. God asks us to welcome others gladly.

Practice: answers

1. Anna, Duchess of Bedford.
2. In the 1840s.
3. Dinner was very late, and she got hungry in the afternoon.

TRAIL 2 BADGE QUIZ

The badge quiz is optional. Read each question aloud; the child may answer by talking, pointing or drawing. Four right out of five earns the first badge; three right out of four earns the second. Badges and the certificate are earned by doing the stops, not by scores.

Badge quiz 1 (Stops 1-5)

1. Which side does the fork go on?
2. At a formal dinner, which fork do you use first?
3. Where does your napkin go when you sit down?
4. Why should a centerpiece be low?
5. What is grace?

Badge quiz 2 (Stops 6-8)

6. Name two table manners.
7. What do you wash first?
8. Who is said to have started afternoon tea?
9. Name two foods at a tea.

TRAIL CERTIFICATE: MY TABLE BOOK AND TRAIL B CERTIFICATE

Gather your eight table-book pages, with photos or drawings of your settings, napkins, centerpiece and tea.

Set and serve one family meal entirely by yourself, with a grown-up watching.

When the book is done, a parent signs the Trail B certificate.

- **Settings:** Everyday and formal settings correct.
- **Grace and manners:** Practiced for a week.
- **Service:** Served, cleared and hosted a tea.
- **Care:** Pages neat and labeled.

Answer key

1. The left.
2. The outside one.
3. On your lap.
4. So everyone can see each other.
5. A prayer of thanks at a meal.
6. Any two from the stop.
7. Glasses.
8. Anna, Duchess of Bedford.
9. Any two: sandwiches, scones, cakes, cookies.

HOSPITALITY AND HOME TRAIL C: HOSTING AND MANNERS

The third trail of the Hospitality and Home track learns what hospitality is and how to practice it: the Bible's call to hospitality, Abraham and his three visitors, Martha and Mary, writing invitations, welcoming a guest at the door, introductions and names, thank-you notes, and planning and hosting a small party from start to finish.

This is the  **Scout** level, for ages 7 to 9. The trail is practiced with the family first, then with real guests: grandparents, neighbors, friends from church.

The trail builds a **hospitality kit**: handwritten invitations, a welcome plan and thank-you notes. Five stops earn the **Host badge, part 1**; eight earn part 2 and the **Trail C certificate**.

BEFORE YOU BEGIN

- Write (or dictate) a short sentence.
- Speak clearly to a grown-up.

MASTERY CHECKLIST

- ☐ I can say what hospitality means and find two verses about it.
- ☐ I can tell the stories of Abraham's visitors and of Martha and Mary.
- ☐ I can write an invitation and a thank-you note.
- ☐ I can welcome a guest and introduce two people.
- ☐ I planned and hosted a small party.

OPTIONAL BOOKS AND RESOURCES

- **Emily Post Institute: invitations and thank-you notes** (<https://emilypost.com>): Plain advice on what to write.
- **Edith Schaeffer, *The Hidden Art of Homemaking* (1971)** (<https://www.worldcat.org>): A Christian classic for parents on beauty and welcome at home (LAbri).
- **Your local stationery or library** (<https://www.worldcat.org>): Blank cards and books on letter writing.

3.1 WHAT HOSPITALITY MEANS

OBJECTIVES

- Say what hospitality means.
- Learn Romans 12:13 and Hebrews 13:2.
- Name three ways a child can show hospitality.

Warm-up. Think of a time you visited someone and felt really welcome. What did they do?

Video slot. Video coming. What is Christian hospitality? (family-friendly). Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

hospitality

Welcoming guests and strangers with kindness, food and rest.

stranger

Someone you do not know yet.

guest

A person who is invited or welcomed into your home.

host

The person who welcomes guests.

CORE IDEAS

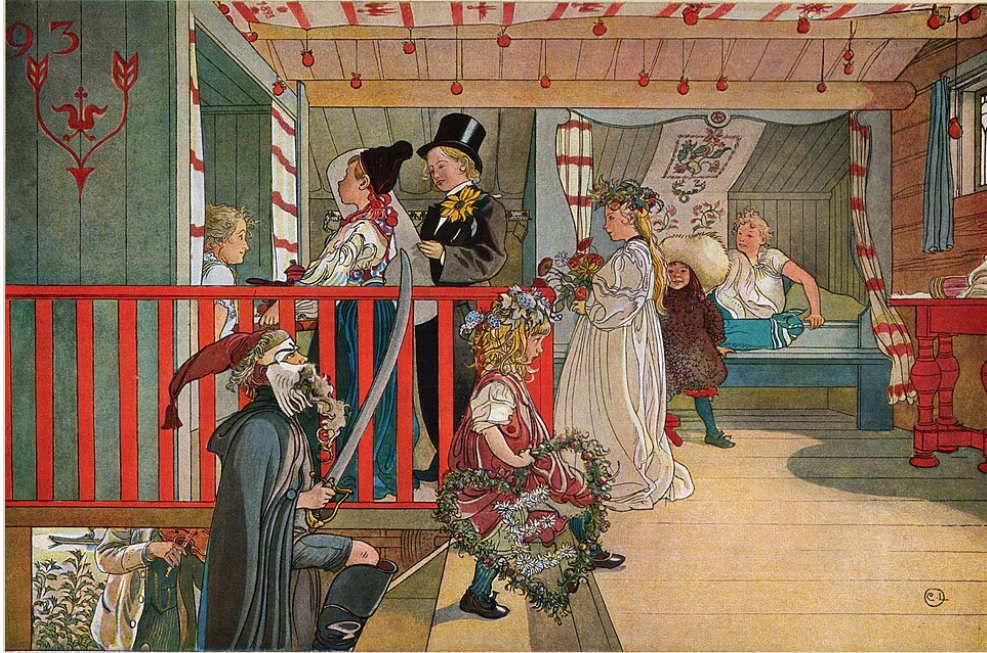
The word **hospitality** comes from a Latin word for a guest or a host. In the Bible, the Greek word means “love of strangers.” It is welcoming people into your home and caring for them.

God commands hospitality. Romans 12:13 tells Christians to be “given to hospitality.” Hebrews 13:2 says, “Be not forgetful to entertain strangers: for thereby some have entertained angels unawares.” That means some people in the Bible welcomed angels without knowing it!

Hospitality is not about a fancy house or expensive food. It is about a warm welcome. A cup of water, a seat by the fire, a simple meal and a listening ear are all hospitality. Jesus said that whoever gives even a cup of cold water in His name will not lose his reward (Matthew 10:42).

Children can show hospitality too. You can greet guests at the door, take their coats, offer them a drink, show them where to sit, play kindly with visiting children and say goodbye warmly. Every welcome is a small picture of God’s welcome to us.

PICTURE STUDY



Name Day on the Storage Porch, Carl Larsson, 1898 · Watercolor · Nationalmuseum, Stockholm
Wikimedia Commons · Public domain

Carl Larsson painted his family getting ready to celebrate a name day, a special day like a birthday. The porch is decorated with leaves and flags to welcome everyone.

Look closely

- Find the garlands and flags.
- Find the children. What are they doing?
- What season is it?

Talk about it

1. How has this family prepared to welcome people?
2. How could you decorate to welcome a guest?

HANDS-ON: HOSPITALITY KIT

Start a basket of things to welcome guests.

You will need

- A basket or box
- Paper, markers, cards
- Small items: a guest towel, a cup, a card of house rules or games

Steps

1. Make a “Welcome” sign for the door.
2. Put in the basket: a clean guest towel, a cup, blank cards for invitations and thank-you notes, and a list of games you can play with visitors.
3. Write three ways you will welcome the next guest.
4. Keep the basket ready for this whole trail.

Check your work

- I made a welcome sign.
- My kit is ready.

FIELD NOTEBOOK

1. **Hospitality page 1.** Copy Hebrews 13:2.
2. Write three ways a child can welcome a guest.

Did you know? In Bible times, travelers depended on hospitality, because there were few inns. Early Christians were known for caring for strangers, the sick and the poor. The words “hospital” and “hotel” come from the same Latin root as “hospitality.”

Goes deeper in. Bible, “Loving Our Neighbor” (coming soon).

For families. The Greek word in Romans 12:13 and Hebrews 13:2 is philoxenia, “love of strangers.” Latin hospes (host/guest) gives hospitality, hospital and hotel. Larsson’s watercolor is from Ett hem (Nationalmuseum, Stockholm).

PRACTICE

1. **EASY** What does hospitality mean?
2. **MEDIUM** What does Hebrews 13:2 say some people did without knowing?
3. **EASY** Name one way a child can show hospitality.

Make it a game • Welcome Practice. One child knocks at the door as a “guest.” Another answers, smiles, says “Welcome! Come in,” takes the coat and offers a seat. Switch roles.

Scripture. “Be not forgetful to entertain strangers: for thereby some have entertained angels unawares.” (Hebrews 13:2, KJV)

God calls us to welcome others. We never know how He may bless a welcome.

Practice: answers

1. Welcoming guests and strangers with kindness.
2. Entertained angels.

3. Greet guests, take coats, offer a drink, play kindly, say goodbye warmly.

3.2 ABRAHAM WELCOMES THREE VISITORS

OBJECTIVES

- Retell Genesis 18:1–8.
- Name the things Abraham and Sarah did for their guests.
- Notice how quickly and gladly Abraham served.

Warm-up. Read Genesis 18:1–8 aloud. Count how many times you hear the word “hasted” or “ran.”

Video slot. Video coming. Abraham and the three visitors (Genesis 18) for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

Mamre

A place of great oak trees near Hebron where Abraham lived in tents.

hasted

An old word for “hurried.”

morsel

A small piece of food.

tent door

The opening of a tent, where Abraham sat in the heat of the day.

CORE IDEAS

One hot afternoon, Abraham was sitting at his **tent door** under the great oaks of **Mamre**. He looked up and saw three men standing nearby. At once he **ran** to meet them and bowed low.

Abraham said, “Let a little water, I pray you, be fetched, and wash your feet, and rest yourselves under the tree: and I will fetch a **morsel** of bread.” He offered “a little,” but he planned a feast!

Abraham **hasted** into the tent to Sarah and asked her to make cakes from fine meal. He ran to the herd and chose a tender calf for a servant to prepare. He brought butter and milk and the meat, set it before his guests and stood by them under the tree while they ate.

The visitors were no ordinary men. One was the LORD Himself, with two angels. He promised that old Sarah would have a son, and a year later Isaac was born. Abraham’s glad, quick welcome is the first great picture of hospitality in the Bible.

PICTURE STUDY



Abraham Entertaining the Angels, Rembrandt van Rijn, 1656 · Etching and drypoint · National Gallery of Art, Washington
Wikimedia Commons · CC0

Rembrandt made this etching of Abraham's visitors. Abraham stands humbly with a jug, ready to serve. Sarah listens from the doorway.

Look closely

- Find Abraham. Is he sitting or standing?
- Find Sarah.
- Find the food and the jug.

Talk about it

1. Why does Abraham stand while the guests eat?
2. How does this picture show a glad welcome?

HANDS-ON: ABRAHAM'S WELCOME PLAY

Act out Genesis 18 with a simple feast.

You will need

- A blanket for a tent
- A basin of water and a towel
- Bread or crackers, butter and milk

Steps

1. Make a tent with a blanket over chairs.
2. One child is Abraham at the tent door; three are visitors; one is Sarah.
3. Abraham runs to meet the visitors, bows, offers water for their feet (or hands) and a seat.
4. Sarah brings bread; Abraham brings butter and milk and stands by while they eat.
5. Read Genesis 18:10 as the visitors' promise.

Check your work

- We acted out the story.
- I can name four things Abraham did for his guests.

FIELD NOTEBOOK

1. **Hospitality page 2.** Draw Abraham serving under the tree.
2. List what Abraham gave: water, rest, bread, a calf, butter, milk.

Did you know? Washing feet was a kind welcome in dusty lands where people wore sandals. Sarah laughed when she heard the promise, and God asked, "Is any thing too hard for the LORD?" Isaac's name means "laughter."

Goes deeper in. Bible, "Abraham" (coming soon).

For families. Scripture: Genesis 18:1-15; 21:1-7; Hebrews 13:2 refers to this account. Many Christian interpreters see the LORD's appearance here as a pre-incarnate appearance of Christ; the stop simply follows the text ("the LORD appeared unto him"). Rembrandt's etching (1656), NGA impression.

PRACTICE

1. **EASY** Where was Abraham sitting?
2. **MEDIUM** Name three things Abraham gave his guests.
3. **EASY** What did the LORD promise Sarah?

Make it a game · Hurry to Serve. Players race to set out a "feast" (cups, bread, a napkin) for three teddy-bear guests. Like Abraham, run gladly, but don't spill!

Scripture. "Let a little water, I pray you, be fetched, and wash your feet, and rest yourselves under the tree: And I will fetch a morsel of bread, and comfort ye your hearts; after that ye shall pass on: for therefore are ye come to your servant. And they said, So do, as thou hast said." (Genesis 18:4-5, KJV)

Abraham humbly offered "a little" and gave much more.

Practice: answers

1. At his tent door under the oaks of Mamre.
2. Any three: water to wash feet, rest, bread/cakes, a calf, butter, milk.
3. A son (Isaac).

3.3 MARTHA AND MARY

OBJECTIVES

- Retell Luke 10:38-42.
- Tell what Jesus said to Martha.
- Balance serving guests with listening to them.

Warm-up. Have you ever been so busy getting ready for something that you missed the fun? Martha had that problem.

Video slot. Video coming. Martha and Mary (Luke 10) for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

Bethany

A village near Jerusalem where Martha, Mary and Lazarus lived.

cumbered

An old word for weighed down or overburdened.

careful

In the King James Bible, full of care, worried.

the good part

What Mary chose: sitting at Jesus' feet to hear His word.

CORE IDEAS

Jesus had good friends in the village of **Bethany**: two sisters, Martha and Mary, and their brother Lazarus. One day Martha welcomed Jesus into her house. That was hospitality!

Martha got busy preparing a meal for Jesus and His disciples. There was much to do. But her sister Mary sat at Jesus' feet, listening to His teaching. Martha grew more and more **cumbered** with serving.

At last Martha came to Jesus and said, "Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me."

Jesus answered gently: "Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her." Serving is good, but listening to Jesus comes first. A good host also remembers to sit and listen to her guests.

PICTURE STUDY



Christ in the House of Martha and Mary, Johannes Vermeer, about 1654–1655 · Oil on canvas · Scottish National Gallery, Edinburgh
Wikimedia Commons · Public domain

This is one of Vermeer's earliest paintings, and his largest. Martha brings bread, Mary listens, and Jesus gently points to Mary as He speaks to Martha.

Look closely

- Find Martha and her basket of bread.
- Find Mary. Where is she sitting?
- Find Jesus' hand. Where is He pointing?

Talk about it

1. What is Jesus saying to Martha?
2. When is it right to stop working and listen?

HANDS-ON: MARTHA AND MARY PLAN

Plan a visit so you can serve and still listen.

You will need

- Paper and pencil

Steps

1. Make two columns: "Before the guest comes" and "When the guest is here."
2. In the first column, list jobs to finish early: tidy, set the table, make food ahead.

3. In the second column, list ways to listen: sit with the guest, ask questions, don't rush off.
4. Use your plan for the next guest.

Check your work

- I made a two-column plan.
- I can tell how preparing early helps me listen.

FIELD NOTEBOOK

1. **Hospitality page 3.** Draw Martha and Mary.
2. Copy Luke 10:41-42.

Did you know? Later, Martha showed great faith when Jesus raised her brother Lazarus from the dead (John 11). Another time, Martha served a supper and Mary poured precious ointment on Jesus' feet (John 12:1-3). Jesus said Martha's name twice, which shows tender love.

Goes deeper in. Bible, "The Life of Jesus" (coming soon).

For families. Scripture: Luke 10:38-42; John 11; 12:1-3. Vermeer's Christ in the House of Martha and Mary (about 1654-55) is in the Scottish National Gallery, Edinburgh. The stop honors both service and devotion.

PRACTICE

1. **EASY** What was Martha doing?
2. **EASY** What was Mary doing?
3. **MEDIUM** What did Jesus say Mary had chosen?

Make it a game • Freeze and Listen. Children "work" busily (sweeping, stirring). When the caller says "The Teacher is speaking!" everyone freezes, sits and listens to a short verse. Then back to work.

Scripture. "And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her." (Luke 10:41-42, KJV)

Jesus gently taught Martha that listening to Him comes first.

Practice: answers

1. Preparing and serving a meal.
2. Sitting at Jesus' feet, listening.

3. That good part, which would not be taken from her.

3.4 WRITING INVITATIONS

OBJECTIVES

- Name the five things an invitation tells.
- Write a neat, handwritten invitation.
- Know what RSVP means.

Warm-up. Look at an invitation you have received (a wedding, a party). What information is on it?

Video slot. Video coming. How to write an invitation for children. Search approved channels (Emily Post Institute, a handwriting channel vetted per video); preview first.

KEY TERMS

invitation

A message asking someone to come to an event.

RSVP

From French, “Répondez s’il vous plaît”: “Please reply.”

occasion

The reason for the gathering, like a birthday or tea.

address

Where a place is: house number and street.

CORE IDEAS

In the Bible, Jesus told a parable about a king who prepared a great wedding feast and sent his servants to invite the guests (Matthew 22). An **invitation** says, “We want you to come!”

A good invitation answers five questions: **Who** is inviting? **What** is the **occasion**? **When** (date and time)? **Where** (the **address**)? And **how to reply**: RSVP.

A handwritten invitation is special. Write neatly in your best handwriting on a card. Decorate it with a small drawing. Put it in an envelope and write the guest’s name clearly on the front.

Send invitations one to two weeks ahead, so people can plan. When you receive an invitation, reply quickly, yes or no, so the host knows how much food to make. That is good manners too.

PICTURE STUDY



A Lady Writing, Johannes Vermeer, about 1665 · Oil on canvas · National Gallery of Art, Washington
Wikimedia Commons · Public domain

Vermeer painted this lady pausing as she writes a letter. Perhaps she is thinking of what to say. Letters and invitations took care and thought.

Look closely

- Find the quill pen.
- Find the paper and the inkwell.
- Where is she looking?

Talk about it

1. What might she be writing?
2. Why would a handwritten letter feel special?

HANDS-ON: HANDWRITTEN INVITATIONS

Write invitations for the party you will host in Stop C8.

You will need

- Cards or heavy paper folded in half
- Envelopes
- A pen and colored pencils

Steps

1. Decide the occasion (a tea, a game afternoon, a birthday).
2. On the inside, write: "You are invited to ___ at the home of ___, on (day, date) at (time), at (address). Please reply to ___ by (date)."
3. Decorate the front.
4. Address the envelopes.
5. With a parent, choose when and how to deliver them.

Check your work

- My invitation answers who, what, when, where and RSVP.
- My handwriting is neat.

FIELD NOTEBOOK

1. **Hospitality page 4.** Paste in a copy of your invitation.
2. Write what RSVP means.

Did you know? RSVP comes from French, which was once the language of polite society across Europe. Before telephones, people sent invitations by servant, by post or left calling cards. In Jesus' parable, the guests who made excuses missed the feast.

Goes deeper in. Composition, "Writing Letters" (coming soon).

For families. Scripture: Matthew 22:1-14; Luke 14:12-24. Vermeer's A Lady Writing (about 1665) is at the National Gallery of Art, Washington. Delivering invitations should be supervised by a parent.

PRACTICE

1. **EASY** What does RSVP mean?
2. **MEDIUM** Name the five things an invitation tells.
3. **EASY** How far ahead should you send invitations?

Make it a game · What's Missing?. Read an invitation aloud with one thing left out (no date, no address). Players spot what is missing.

Scripture. "But when thou makest a feast, call the poor, the maimed, the lame, the blind: And thou shalt be blessed; for they cannot recompense thee: for thou shalt be recompensed at the resurrection of the just." (Luke 14:13-14, KJV)

Jesus told us to invite people who cannot pay us back, like a lonely neighbor or someone in need.

Practice: answers

1. "Please reply."

2. Who, what (occasion), when, where, and how to reply.

3. One to two weeks.

3.5 WELCOMING A GUEST AT THE DOOR

OBJECTIVES

- Greet a guest at the door with a smile and a welcome.
- Take coats and offer a seat and a drink.
- Walk a guest to the door when they leave.

Warm-up. Practice a warm smile in a mirror. Then practice a firm, friendly handshake with a grown-up.

Video slot. Video coming. Greeting guests and good manners at the door for children. Search approved channels (an etiquette channel vetted per video); preview first.

KEY TERMS

greet

To say hello and welcome someone.

threshold

The doorway, where guests step in.

handshake

Clasping hands as a greeting.

farewell

Goodbye.

CORE IDEAS

The first moment of a visit happens at the door. A warm welcome there helps a guest feel at home all day. When the guest knocks or rings, go to the door with a grown-up, open it, smile and say, “Hello! Welcome! Please come in.”

Offer to take their coat and hat, and put them neatly in a closet or on a bed. Show the guest where to sit. Offer a drink: “Would you like some water or lemonade?” If there is a restroom, show them where it is.

If the guest is older, stand when they come into the room. Look them in the eye and give a friendly **handshake** if they offer one. Stop what you are doing, turn off screens and give them your attention.

When the visit ends, bring their coat, walk them to the door, and say, “Thank you for coming. Please come again!” Wave as they go. The **farewell** matters as much as the welcome.

PICTURE STUDY



The Courtyard of a House in Delft, Pieter de Hooch, 1658 · Oil on canvas · The National Gallery, London
Wikimedia Commons · Public domain

Pieter de Hooch painted open doorways again and again. The doors invite you to look through, from inside to outside. A door is a place of welcome.

Look closely

- Find the open doorway.
- Find the woman standing in the passage.
- Find the mother and child.

Talk about it

1. How does this painting make you feel welcome?
2. What would you say to someone arriving at this door?

HANDS-ON: DOORBELL DRILL

Practice welcoming and saying goodbye.

You will need

- A door
- A coat
- Two or three family members

Steps

1. One person is the guest and rings or knocks.
2. Answer with a grown-up, smile, say “Welcome! Please come in.”
3. Take the coat, offer a seat and a drink.
4. Talk for two minutes using a question from your conversation jar.
5. Bring the coat, walk them to the door and say a warm goodbye.
6. Switch roles until everyone has been host and guest.

Check your work

- I welcomed a guest with a smile.
- I took the coat and offered a drink.
- I said a warm goodbye.

FIELD NOTEBOOK

1. **Hospitality page 5.** Write the steps of a welcome and a farewell.
2. Draw yourself opening the door.

Did you know? In many cultures, offering water or tea is the very first thing done for a guest. In old Scotland, on New Year’s Day, the “first-footer,” the first guest over the threshold, was welcomed with food and drink. A good host walks a guest to the door or even to the car.

Goes deeper in. Social Skills, “Meeting People” (coming soon).

For families. De Hooch’s The Courtyard of a House in Delft (1658) is in the National Gallery, London. Opening the door should always be done with a parent present. First-footing (Hogmanay) is a Scottish New Year custom.

PRACTICE

1. **EASY** What do you say when you open the door to a guest?
2. **EASY** What do you offer a guest first?
3. **MEDIUM** How do you say goodbye well?

Make it a game · Guess the Guest. A child knocks pretending to be a character (a grandma, a king, a mail carrier). The host welcomes them in the right way for that guest.

Scripture. “Wherefore receive ye one another, as Christ also received us to the glory of God.” (Romans 15:7, KJV)

Christ welcomed us; we welcome others for His glory.

Practice: answers

1. “Hello! Welcome! Please come in.”

2. To take their coat; a seat; a drink.

3. Bring their coat, walk them to the door, thank them for coming, wave.

3.6 INTRODUCTIONS AND REMEMBERING NAMES

OBJECTIVES

- Introduce yourself clearly.
- Introduce two people to each other.
- Use three tricks to remember names.

Warm-up. Say your full name, clearly and slowly, while looking at a grown-up. Now say it fast and mumbling. Which is easier to understand?

Video slot. Video coming. How to introduce yourself and others for children. Search approved channels (an etiquette or social-skills channel vetted per video); preview first.

KEY TERMS

introduce

To tell people each other's names so they can meet.

eye contact

Looking at someone's eyes while talking.

title

Words like Mr., Mrs., Miss, Dr. or Pastor used before a name to show respect.

repeat

To say again.

CORE IDEAS

God knows every person by name. He told Moses, "I know thee by name" (Exodus 33:17). Jesus said the good shepherd "calleth his own sheep by name." Remembering names is a way of showing people they matter.

To **introduce** yourself, stand up, look the person in the eye, smile and say, "Hello, my name is _____. It's nice to meet you." Speak clearly so they can hear.

To introduce two people, say the older or more honored person's name first: "Grandma, this is my friend Sam. Sam, this is my grandmother, Mrs. Jones." Then add something they share: "Sam likes horses too!" Use **titles** like Mr. and Mrs. for grown-ups unless they ask you to use their first name.

To remember a name: **repeat** it right away ("Nice to meet you, Sam"), use it once more in the conversation, and link it to something ("Sam with the red sweater"). If you forget, it is fine to say, "I'm sorry, could you tell me your name again?"

PICTURE STUDY



The Visit, Pieter de Hooch, about 1657 · Oil on panel · The Metropolitan Museum of Art, New York
Wikimedia Commons · Public domain

Pieter de Hooch painted a group of friends meeting in a Dutch home. Look at how they turn toward each other as they talk.

Look closely

- Count the people.
- Who seems to be greeting whom?
- Find the window.

Talk about it

1. How can you tell who has just arrived?
2. What would you say to be introduced here?

HANDS-ON: INTRODUCTION PRACTICE

Practice introductions with family and stuffed animals.

You will need

- Name tags
- Family members or stuffed animals

Steps

1. Make name tags for stuffed animals with titles (Mr. Bear, Dr. Owl).

2. Introduce yourself to each one, using eye contact and a handshake.
3. Introduce two of them to each other, older name first, and add one thing they share.
4. Now introduce two real family members the same way.
5. At church or a gathering this week, introduce yourself to one new person.

Check your work

- I introduced myself clearly.
- I introduced two people correctly.
- I met one new person this week.

FIELD NOTEBOOK

1. **Hospitality page 6.** Write the words for introducing yourself and introducing others.
2. Write the three name tricks.

Did you know? Adam named all the animals in Genesis 2. Many people say names are the sweetest sound to a person's ears. In the Bible, God sometimes gave people new names, like Abram to Abraham.

Goes deeper in. Social Skills, "Meeting People" (coming soon).

For families. Etiquette guidance: Emily Post Institute (introduce the younger to the older; say the honored person's name first). Scripture: Exodus 33:17; John 10:3; Genesis 2:19-20; 17:5. De Hooch's *The Visit* (about 1657) is at the Met.

PRACTICE

1. **EASY** What do you say when you introduce yourself?
2. **MEDIUM** When introducing two people, whose name comes first?
3. **EASY** Name one trick to remember a name.

Make it a game · Name Chain. Sit in a circle. The first person says, "I'm Anna and I like apples." The next repeats it and adds his own: "That's Anna who likes apples; I'm Ben and I like bananas." Keep going around.

Scripture. "To him the porter openeth; and the sheep hear his voice: and he calleth his own sheep by name, and leadeth them out." (John 10:3, KJV)

Jesus knows each of His sheep by name. Remembering names honors people.

Practice: answers

1. "Hello, my name is _____. It's nice to meet you."
2. The older or more honored person's.

3. Repeat it, use it again, or link it to something.

3.7 THANK-YOU NOTES

OBJECTIVES

- Write a thank-you note with three parts.
- Name the gift or kindness and why it mattered.
- Send it within a week.

Warm-up. Read Luke 17:11-19. Ten men were healed. How many came back to say thank you?

Video slot. Video coming. How to write a thank-you note for children. Search approved channels (Emily Post Institute, a handwriting channel vetted per video); preview first.

KEY TERMS

gratitude

Thankfulness.

note

A short letter.

specific

Exact, naming the very thing.

signature

Your name written at the end.

CORE IDEAS

Once, ten men with the terrible disease of leprosy cried out to Jesus for mercy. Jesus healed all ten. But only one came back, praising God, and fell at Jesus' feet to thank Him. Jesus asked, "Were there not ten cleansed? but where are the nine?" (Luke 17:17).

A thank-you note is how we "come back" to say thank you. When someone gives you a gift, has you to their home or does something kind, write a note within a week.

A good note has three parts. **1.** Thank them for the **specific** thing: "Thank you for the horse book." **2.** Tell why it matters or how you will use it: "I read the first chapter to my sister tonight." **3.** End warmly: "I hope you can visit soon. Love, Grace."

Handwritten notes are treasures. People often keep them for years. Even a short note with a drawing tells someone, "I noticed your kindness, and I am grateful."

PICTURE STUDY



Woman Writing a Letter, Gerard ter Borch, about 1655 · Oil on panel · Mauritshuis, The Hague
Wikimedia Commons · Public domain

Gerard ter Borch painted this young woman writing carefully. Her whole attention is on her letter. Writing a note takes time and care.

Look closely

- Find the quill.
- Find the paper.
- How is she sitting?

Talk about it

1. Who might she be writing to?
2. Why is it worth the time to write by hand?

HANDS-ON: THREE THANK-YOU NOTES

Write three real thank-you notes.

You will need

- Note cards and envelopes
- A pen and colored pencils

Steps

1. Think of three people to thank: a gift, a meal, a kindness, a teacher or a pastor.

2. For each, write the three parts: thank you for ____; why it matters; a warm ending.
3. Sign your name and add a small drawing.
4. Address the envelopes and, with a parent, mail or deliver them.

Check your work

- My notes have three parts.
- I named the specific gift or kindness.
- I sent them within a week.

FIELD NOTEBOOK

1. **Hospitality page 7.** Copy one of your notes.
2. Write the three parts of a thank-you note.

Did you know? George Washington wrote thousands of letters, many of them thank-you notes. The Apostle Paul began many of his letters by thanking God for the people he wrote to. People keep handwritten notes much longer than emails.

Goes deeper in. Composition, “Writing Letters” (coming soon).

For families. Scripture: Luke 17:11–19; 1 Thessalonians 5:18; Philippians 1:3. Ter Borch’s *Woman Writing a Letter* (about 1655) is in the Mauritshuis. A parent should handle mailing and addresses.

PRACTICE

1. **EASY** How many healed men came back to thank Jesus?
2. **MEDIUM** What are the three parts of a thank-you note?
3. **EASY** How soon should you send a thank-you note?

Make it a game • Thank-You Charades. Act out a kindness (someone baking cookies, helping you fix a bike). Others guess it and say a thank-you sentence for it.

Scripture. “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” (1 Thessalonians 5:18, KJV)

Thankfulness is God’s will for us, in big things and small.

Practice: answers

1. One.
2. Thank for the specific thing; why it matters; a warm ending.
3. Within a week.

3.8 PLAN AND HOST A SMALL PARTY, START TO FINISH

OBJECTIVES

- Plan a small party with a checklist.
- Prepare food, a table and activities.
- Host it, clean up and send thank-you notes.

Warm-up. Look back at your hospitality page. Which stop did you like best? You will use them all today.

Video slot. Video coming. Planning a children’s tea party or game afternoon (family-friendly). Search approved channels (a homemaking channel vetted per video); preview first.

KEY TERMS

checklist

A list of jobs to tick off as you finish them.

guest list

The names of people you invite.

activity

Something fun to do together, like a game or craft.

budget

The amount of money you plan to spend.

CORE IDEAS

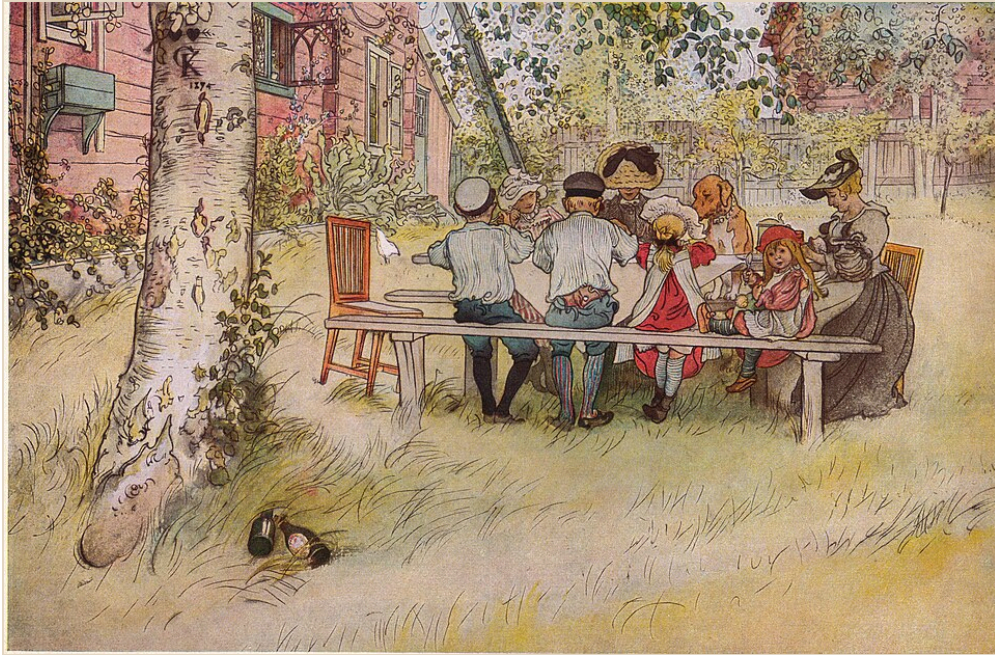
Now put everything together! A small party is two to six guests, for an hour or two: a tea, a game afternoon, a cookie-decorating party or a birthday. You will be the host, with a parent as your helper.

Two weeks before: choose the occasion, write a **guest list** with your parent, and send handwritten invitations (Stop C4). Think about a **budget**: what will it cost?

The week before: plan a simple menu (Trail A), an **activity** or two, and a **checklist**. **The day before:** bake, tidy the house and set the table with a centerpiece (Trail B). **The day of:** welcome guests at the door (Stop C5), introduce people (Stop C6), serve, play, listen and say goodbye.

After: clean up together and write thank-you notes to anyone who brought a gift or helped (Stop C7). Remember Martha and Mary: prepare early, so you can enjoy your guests. Hospitality is love you can taste and see.

PICTURE STUDY



Breakfast under the Big Birch, Carl Larsson, 1896 · Watercolor · Nationalmuseum, Stockholm
Wikimedia Commons · Public domain

Carl Larsson loved painting his home full of family and friends. A gathering like this takes planning, but the joy is worth it.

Look closely

- Who is the host, do you think?
- What food can you see?
- Is everyone included?

Talk about it

1. What makes a party feel happy?
2. What will you do to make every guest feel included?

HANDS-ON: MY PARTY PLAN

Plan and host a real small party.

You will need

- Paper and pencil
- Invitations, recipes, centerpiece and thank-you cards from earlier stops

Steps

1. Make a checklist with four sections: Two weeks before, The week before, The day before, The day of. Add an After section.
2. Fill in each job (invitations, menu, shopping, baking, table, games, welcome, clean-up, thank-yous).
3. Write a simple budget with a parent: food, supplies, total.
4. Host the party. Tick off each job.
5. Afterward, write what went well and what you would change.

Check your work

- My checklist has five sections.
- I hosted a party.
- I cleaned up and sent thank-you notes.

FIELD NOTEBOOK

1. **Hospitality page 8.** Paste in your checklist and a photo or drawing of the party.
2. Write what went well and what you would do differently.

Did you know? Jesus' first miracle was at a wedding party in Cana, where He turned water into wine (John 2). Many old cookbooks have whole chapters on planning parties. A party does not need to be big to be wonderful.

Goes deeper in. Small Business & Economics, "Planning and Budgets" (coming soon).

For families. Keep the party small and simple. A parent approves the guest list and budget. This stop reuses the Larsson watercolor from Trail A (Breakfast under the Big Birch, 1896).

PRACTICE

1. **EASY** What should you do two weeks before a party?
2. **MEDIUM** Why prepare early?
3. **EASY** What do you do after the party?

Make it a game • Party Plan Sort. Write party jobs on cards. Players sort them into "two weeks before," "the day before," "the day of" and "after."

Scripture. "Distributing to the necessity of saints; given to hospitality." (Romans 12:13, KJV)

God calls Christians to be "given to hospitality." A small party is a joyful way to obey.

Practice: answers

1. Choose the occasion, make a guest list and send invitations.

2. So you can enjoy and listen to your guests, like Mary.
3. Clean up and write thank-you notes.

TRAIL 3 BADGE QUIZ

The badge quiz is optional. Read each question aloud; the child may answer by talking, pointing or drawing. Four right out of five earns the first badge; three right out of four earns the second. Badges and the certificate are earned by doing the stops, not by scores.

Badge quiz 1 (Stops 1-5)

1. What does Hebrews 13:2 say some have entertained unawares?
2. Who welcomed three visitors under the oaks of Mamre?
3. Which sister sat at Jesus' feet?
4. What does RSVP mean?
5. What do you say when you open the door to a guest?

Badge quiz 2 (Stops 6-8)

6. Whose name do you say first in an introduction?
7. How many healed men thanked Jesus?
8. Name two things to do before a party.
9. What do you do after a party?

TRAIL CERTIFICATE: MY HOSPITALITY KIT AND TRAIL C CERTIFICATE

Gather your hospitality pages, a copy of your invitation, your party checklist and a copy of a thank-you note.

Tell a parent the story of Abraham's visitors or of Martha and Mary.

When the kit is done, a parent signs the Trail C certificate.

- **Bible:** Two hospitality stories told back.
- **Writing:** An invitation and thank-you notes written.
- **Welcome:** Greeted and introduced guests.
- **Party:** Planned and hosted a small party.

Answer key

1. Angels.
2. Abraham.
3. Mary.
4. Please reply.
5. "Welcome! Please come in."
6. The older or more honored person's.
7. One out of ten.
8. Any two: invitations, menu, shopping, baking, tidying, setting the table.
9. Clean up and write thank-you notes.

HOSPITALITY AND HOME TRAIL D: HOSPITALITY AS A BUSINESS

The fourth trail of the Hospitality and Home track learns how welcome and good food can become honest work: the trade of the Proverbs 31 woman, planning a bake sale, costing a recipe, pricing and making change, inns through history, designing a pretend bed-and-breakfast, Lydia the seller of purple, and deciding what to do with a profit.

This is the  **Scout** level, for ages 7 to 9. It uses the costing and pricing worksheets of the Small Business & Economics course in a simple form. Most stops are pretend or practice. **A parent must sign off before any real selling**, and a sign-off box appears on every stop that could lead to a real sale.

The trail builds a **bake-sale plan** (cost sheet, price list and profit tally) and a **B&B brochure**. Five stops earn the **Young Merchant badge, part 1**; eight earn part 2 and the **Trail D certificate**.

BEFORE YOU BEGIN

- Add and subtract to 100; count coins (a grown-up may help).
- Trail A (In the Kitchen) is helpful.

MASTERY CHECKLIST

- ☐ I can tell how the Proverbs 31 woman and Lydia worked with their hands and homes.
- ☐ I can figure the cost of one cookie from a recipe.
- ☐ I can set a fair price and make change.
- ☐ I can design a pretend bed-and-breakfast with a price list.
- ☐ I can divide a profit into save, give and spend.

OPTIONAL BOOKS AND RESOURCES

- **Small Business & Economics course: costing and pricing worksheets** (<https://www.worldcat.org>): This trail uses simplified versions; the full worksheets are in the School Launch Small Business course (coming soon).
- **Your town or county website** (<https://www.usa.gov/local-governments>): Check whether a bake sale or stand needs a permit or food-handling rules before any real selling.
- **Dave Ramsey and Rachel Cruze, *Smart Money Smart Kids* (2014)** (<https://www.worldcat.org>): For parents: save, give, spend with children.

4.1 THE PROVERBS 31 WOMAN'S TRADE

OBJECTIVES

- Read Proverbs 31:13-24.
- List the kinds of work the virtuous woman did.
- See that home and honest trade go together.

Warm-up. Read Proverbs 31:13-24 aloud slowly. Hold up a finger each time she makes, buys or sells something.

Video slot. Video coming. Proverbs 31 for children: the virtuous woman's work (family-friendly). Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

virtuous

Good, strong and honorable.

merchandise

Goods that are bought and sold.

distaff

A stick that holds wool or flax for spinning thread.

merchant

A person who buys and sells goods.

CORE IDEAS

The last chapter of Proverbs describes a **virtuous** woman. It begins, "Who can find a virtuous woman? for her price is far above rubies." Then it tells all the work she does for her household.

She seeks wool and flax and works "willingly with her hands." She is like the merchants' ships, bringing food from far away. She rises early to feed her household. She considers a field and buys it, and with the fruit of her hands she plants a vineyard.

She sees that her **merchandise** is good, and her lamp does not go out at night. She lays her hands to the **distaff** and spindle to spin thread. She stretches out her hand to the poor. She makes fine linen and sells it, and delivers girdles (belts) to the **merchant**.

Her work blesses her family first. Her husband trusts her, and her children rise up and call her blessed. Her trade grows out of her home and her skill. Most of all, verse 30 says, "a woman that feareth the LORD, she shall be praised."

PICTURE STUDY



Old Woman Reading at a Spinning Wheel, Nicolaes Maes, 1658 · Oil on canvas · Wikimedia Commons
Wikimedia Commons · Public domain

Nicolaes Maes was a pupil of Rembrandt. He painted an old woman who has paused her spinning to read. Work and the Word of God go together in her home.

Look closely

- Find the spinning wheel.
- Find the book. What might it be?
- Find the thread or wool.

Talk about it

1. How does this painting remind you of Proverbs 31?
2. Why do you think she stopped to read?

HANDS-ON: PROVERBS 31 WORK CHART

Make a chart of the virtuous woman's work.

You will need

- Paper, ruler and pencils
- A KJV Bible

Steps

1. Make three columns: Makes, Buys, Sells/Gives.

2. Read verses 13–24 and write each thing she does in the right column (wool and flax, food from afar, a field, a vineyard, linen, girdles, giving to the poor).
3. Circle the things done in or near her home.
4. Write one skill from the list you would like to learn.

Check your work

- My chart has three columns.
- I found at least six kinds of work.

FIELD NOTEBOOK

1. **Merchant page 1.** Paste in your work chart.
2. Copy Proverbs 31:30.

Did you know? Proverbs 31:10–31 is an acrostic poem in Hebrew: each verse begins with the next letter of the Hebrew alphabet. Linen is made from the flax plant. Spinning thread by hand was daily work in most homes for thousands of years.

Goes deeper in. Small Business & Economics, “Work and Calling” (coming soon).

For families. Scripture: Proverbs 31:10–31 (verses 13–24 for the trade). The Hebrew acrostic structure is standard. Nicolaes Maes, Old Woman Reading at a Spinning Wheel (1658); location per Commons.

PRACTICE

1. **EASY** What does “virtuous” mean?
2. **MEDIUM** Name three things the Proverbs 31 woman made, bought or sold.
3. **MEDIUM** What does verse 30 say is most praiseworthy?

Make it a game · Make, Buy or Sell?. Call out an action from the chapter (“She buys a field!”). Children run to the wall marked MAKE, BUY or SELL.

Scripture. “She maketh fine linen, and selleth it; and delivereth girdles unto the merchant.” (Proverbs 31:24, KJV)

The virtuous woman made good things and sold them honestly.

Practice: answers

1. Good, strong and honorable.
2. Any three: wool, flax, food, a field, a vineyard, linen, girdles, thread.
3. A woman who fears the LORD.

4.2 PLAN A BAKE SALE: WHAT TO BAKE AND HOW MUCH

OBJECTIVES

- Choose what to bake for a sale.
- Estimate how many customers might come.
- Plan how many batches to bake.

Warm-up. If 20 people came to a bake sale and each bought 2 cookies, how many cookies would you need?

Video slot. Video coming. How to plan a bake sale with children. Search approved channels (a homeschool or family business channel vetted per video); preview first.

KEY TERMS

bake sale

A sale of homemade baked goods, often to raise money for a good cause.

batch

The amount one recipe makes.

estimate

A careful guess.

customer

A person who buys something.

CORE IDEAS

A **bake sale** is a simple business. You bake good things at home, set up a table and sell them. Many churches and schools hold bake sales to raise money for good causes.

First, choose what to bake. Pick things that travel well and are easy to make: cookies, brownies, muffins or small loaves of bread from Trail A. Choose two or three kinds, not ten.

Next, **estimate** how many **customers** might come. Will it be at a church event with 50 people, or a small family gathering of 15? Guess how many items each person might buy, maybe 2.

Then figure your **batches**. If your cookie recipe makes 24 and you need 60 cookies, you need 3 batches (72 cookies), with some left over for samples or to bring home. Write a plan, and show it to your parent for sign-off.

PICTURE STUDY



The Grocer's Shop, Gerrit Dou, 1647 · Oil on panel · Musée du Louvre, Paris
Wikimedia Commons · Public domain

Gerrit Dou painted tiny details as if through a window. Here a shopkeeper weighs goods for customers. Selling is an old and honest trade.

Look closely

- Find the shopkeeper.
- Find the customers.
- Find something being weighed or handed over.

Talk about it

1. What makes a good shopkeeper?
2. What would you sell from this window?

Safety first. Parent sign-off before any real selling. This stop is practice. Before the child sells anything to real customers, a parent must approve the plan, check local rules (some towns and events require permits or food-handling rules for baked goods), and be present at the sale. Sign here: _____ (parent) Date: _____

HANDS-ON: BAKE-SALE PLAN, PART 1

Plan what and how much to bake.

You will need

- Paper and pencil

- Your recipe book from Trail A

Steps

1. Choose 2 or 3 items and write the batch size of each recipe (for example, cookies: 24).
2. Estimate customers: _____. Items each: _____. Total items needed: customers $\times$ items.
3. Divide the total among your items.
4. Figure batches: items needed $\div$ batch size, rounded up.
5. Show your plan to a parent for sign-off.

Tips

- Example: 20 customers $\times$ 2 items = 40 items. 20 cookies and 20 muffins. Cookies make 24 per batch: 1 batch. Muffins make 12 per batch: 2 batches (24).

Check your work

- My plan lists 2-3 items with batch sizes.
- I estimated customers and total items.
- I figured how many batches.

FIELD NOTEBOOK

1. **Merchant page 2.** Paste in your bake-sale plan.
2. Write the cause your sale would help (for example, a missionary or the church food pantry).

Did you know? Bake sales are an old way for churches, schools and clubs to raise money. It is wise to label any foods with nuts, because some people are allergic. Wrapping cookies in twos or threes makes them easier to sell.

Goes deeper in. Small Business & Economics, “Seven Small Businesses: The Bake Sale” (coming soon).

For families. Before any real sale: check local rules for selling homemade food (cottage food laws vary by state; church or school events often have their own rules), label allergens, and supervise. Gerrit Dou’s *The Grocer’s Shop* (1647) is in the Louvre.

PRACTICE

1. **EASY** What is a batch?
2. **MEDIUM** 30 customers each buy 2 cookies. How many cookies do you need?
3. **MEDIUM** A recipe makes 24. You need 60. How many batches?

Make it a game • Batch Math Race. Call out “customers $\times$ items” problems (10×2 , 15×3). The first to answer gets to call the next problem.

Scripture. “The thoughts of the diligent tend only to plenteousness; but of every one that is hasty only to want.” (Proverbs 21:5, KJV)

Careful planning leads to plenty; hurrying without a plan leads to want.

Practice: answers

1. The amount one recipe makes.
2. 60.
3. 3 (that makes 72).

4.3 COSTING A RECIPE: $\text{INGREDIENTS} \div \text{BATCH} = \text{COST PER COOKIE}$

OBJECTIVES

- List the cost of each ingredient in a recipe.
- Add them to find the batch cost.
- Divide by the batch size to find the cost per cookie.

Warm-up. If a bag of 10 apples costs \$5, how much does one apple cost?

Video slot. Video coming. How to figure the cost of a recipe; cost per serving for children. Search approved channels (a homeschool math or family business channel vetted per video); preview first.

KEY TERMS

cost

The money you spend to make something.

batch cost

The total cost of all the ingredients for one batch.

cost per item

The batch cost divided by the number of items made.

ingredient

One of the things that go into a recipe.

CORE IDEAS

Before you can set a price, you must know your **cost**. If you sell cookies for less than they cost to make, you lose money, even if you sell them all!

Start with the recipe. For each **ingredient**, figure about how much of the package you use. If a 5-pound bag of flour costs \$4 and has about 18 cups, one cup costs about 22 cents. If you use $1\frac{1}{4}$ cups, that is about 28 cents.

Add up every ingredient to find the **batch cost**. For the chocolate chip cookies in Trail A, the batch cost might be about \$4.80 (butter, sugars, egg, vanilla, flour, baking soda, salt and chocolate chips). Don't forget paper bags or wrap!

Then divide: batch cost $\div$ number of cookies = **cost per item**. $\$4.80 \div 24 \text{ cookies} = 20$ cents per cookie. Now you know: you must charge more than 20 cents for each cookie to make a profit.

PICTURE STUDY



The Moneylender and His Wife, Quentin Massys, 1514 · Oil on panel · Musée du Louvre, Paris
Wikimedia Commons · Public domain

Quentin Massys painted a money changer carefully weighing coins. His wife holds a prayer book but watches the money. A mirror on the table reflects a window. People have long thought the painting asks: is your heart on God or on money?

Look closely

- Find the small scale.
- Find the prayer book.
- Find the little round mirror.

Talk about it

1. Why must a merchant count carefully?
2. What does the wife's prayer book remind us about money?

HANDS-ON: COST SHEET

Figure the cost per cookie for your recipe.

You will need

- Your cookie recipe
- Grocery receipts or store prices (with a grown-up)
- Paper, pencil and calculator

Steps

1. Make a table: Ingredient | Amount used | Package price | Cost used.
2. Fill in each ingredient. Round to the nearest cent. (A grown-up can help with the fractions.)
3. Add the last column: batch cost = \$__.
4. Add packaging (bags, labels): \$__.
5. Divide total cost by the number of cookies: cost per cookie = \$__.

Tips

- Sample (prices vary; round numbers for practice): butter \$1.25, brown sugar \$0.40, white sugar \$0.15, egg \$0.30, vanilla \$0.35, flour \$0.28, soda and salt \$0.02, chips \$2.05: total $\$4.80 \div 24 = \0.20 each.

Check your work

- My cost sheet lists every ingredient.
- I found the batch cost.
- I found the cost per cookie.

FIELD NOTEBOOK

1. **Merchant page 3.** Paste in your cost sheet.
2. Write: "Batch cost $\div$ number made = cost per item."

Did you know? Bakeries and restaurants figure costs this same way for every recipe. Prices of ingredients change from month to month and store to store. Buying in bigger packages often makes each cup or ounce cheaper.

Goes deeper in. Arithmetic, "Dividing Money," and Small Business & Economics, "Costing" (coming soon).

For families. Prices in the sample are round practice figures, not quotes. The Massys painting (1514, Louvre) is commonly read as a warning about divided attention between God and money; the stop presents it that way gently.

PRACTICE

1. **EASY** Why must you know your cost before you set a price?
2. **MEDIUM** A batch costs \$6.00 and makes 24 cookies. What is the cost per cookie?
3. **MEDIUM** What else costs money besides ingredients?

Make it a game • Cost Per Item. Call out problems: "\$3 for 12 muffins?" (25¢) "\$5 for 20 cookies?" (25¢) "\$4 for 8 rolls?" (50¢). Answers on fingers or a whiteboard.

Scripture. "For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?" (Luke 14:28, KJV)

Jesus said a wise builder counts the cost first. So does a wise baker.

Practice: answers

1. If you charge less than it costs, you lose money.
2. 25 cents.
3. Packaging such as bags, labels, plates.

4.4 PRICING, SIGNS AND MAKING CHANGE

OBJECTIVES

- Set a fair price above cost.
- Make a clear price sign.
- Count back change from a dollar.

Warm-up. Use play money. If something costs 35 cents and you pay with \$1, how much change do you get?

Video slot. Video coming. Counting back change for children. Search approved channels (Homeschool Pop (Alternate), a homeschool math channel); preview first.

KEY TERMS

price

The amount of money a customer pays.

profit

The money left after paying your costs: price minus cost.

change

The money you give back when a customer pays more than the price.

fair

Honest and reasonable for both seller and buyer.

CORE IDEAS

Now you know your cost: maybe 20 cents a cookie. What **price** should you charge? It must be more than the cost, so you make a **profit**. But it should be **fair** too. Look at what bakeries or other bake sales charge.

Many bake sales sell cookies for 50 cents each or 3 for \$1. If a cookie costs 20 cents and you sell it for 50 cents, your profit is 30 cents per cookie. Round, easy prices make selling simpler.

Make a clear **sign**. Write each item and its price in big, neat letters. Add a picture and the cause you are raising money for. Label any nuts. A good sign helps customers decide quickly.

When someone pays, count back the **change**. If a cookie is 50 cents and they give you \$1, start at 50 cents and count up: “Fifty... seventy-five, one dollar.” You give back two quarters. Be honest, polite and say “Thank you!”

PICTURE STUDY



The Baker, Job Berckheyde, about 1681 · Oil on canvas · Worcester Art Museum, Massachusetts
Wikimedia Commons · Public domain

Job Berckheyde painted a baker blowing a horn to tell the street that fresh bread is ready. His loaves and pretzels are laid out for customers. That was his “sign”!

Look closely

- Find the horn.
- Find the loaves and pretzels.
- How does the baker tell people the bread is ready?

Talk about it

1. What would your bake-sale sign say?
2. How does the baker seem to feel about his work?

Safety first. Parent sign-off before any real selling. This stop is practice. Before the child sells anything to real customers, a parent must approve the plan, check local rules (some towns and events require permits or food-handling rules for baked goods), and be present at the sale. Sign here: _____ (parent) Date: _____

HANDS-ON: PRICE LIST AND CHANGE PRACTICE

Make a sign and practice making change.

You will need

- Poster paper and markers

- Play money (coins and dollars)
- Your cost sheet

Steps

1. Choose a price for each item above its cost. Write the profit: price – cost.
2. Make a big, neat sign with items, prices, the cause and allergen labels.
3. Play store: one person buys, one sells. Practice counting back change from \$1, \$2 and \$5.
4. Show your sign and price list to a parent for sign-off.

Check your work

- My prices are above cost.
- My sign is clear and neat.
- I counted back change correctly.

FIELD NOTEBOOK

1. **Merchant page 4.** Paste in a photo or copy of your price sign.
2. Write: “Profit = price – cost.”

Did you know? Counting up from the price to the amount paid is how cashiers made change for generations before electronic registers. “3 for \$1” often sells more than “35 cents each.” Leviticus 19:36 commands “just balances, just weights.”

Goes deeper in. Arithmetic, “Money and Making Change,” and Small Business & Economics, “Pricing” (coming soon).

For families. Sample prices are typical of church and school bake sales; adjust locally. Job Berckheyde’s *The Baker* (about 1681) is at the Worcester Art Museum. Real selling requires the parent sign-off below and any local permits.

PRACTICE

1. **EASY** What is profit?
2. **MEDIUM** A cookie costs 20¢ and sells for 50¢. What is the profit?
3. **MEDIUM** A muffin is 75¢. The customer pays \$1. What change?

Make it a game • Store Clerk. Take turns as clerk. A customer “buys” with play money, and the clerk must count back the change aloud. Correct change earns a point.

Scripture. “Just balances, just weights, a just ephah, and a just hin, shall ye have: I am the LORD your God, which brought you out of the land of Egypt.” (Leviticus 19:36, KJV)

God commands honest measures and fair dealing in business.

Practice: answers

1. Price minus cost; the money left after paying costs.
2. 30¢.
3. 25¢ (one quarter).

4.5 INNS THROUGH HISTORY

OBJECTIVES

- Tell about the inn at Bethlehem and the Good Samaritan's inn.
- Describe a coaching inn of the stagecoach days.
- Know what a bed-and-breakfast is.

Warm-up. Have you ever stayed in a hotel or a guest room? What did the hosts do to make you comfortable?

Video slot. Video coming. Old coaching inns and stagecoach travel in England; the George Inn, Southwark. Search approved channels (National Trust, English Heritage, Townsends for 18th-century travel); preview first.

KEY TERMS

inn

A house where travelers can pay for a bed and a meal.

innkeeper

The person who runs an inn.

coaching inn

An inn on a main road where stagecoaches stopped to change horses and let travelers eat and sleep.

bed-and-breakfast

A home that rents rooms to guests and serves them breakfast (B&B).

CORE IDEAS

When Mary and Joseph came to Bethlehem, “there was no room for them in the **inn**” (Luke 2:7). So Jesus was born and laid in a manger. In Bible times, an inn might be a simple guest room or a resting place for travelers and animals.

In Jesus’ parable of the Good Samaritan, the Samaritan carried the hurt man to an inn and paid the **innkeeper** two pence, saying, “Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee” (Luke 10:35). The innkeeper was paid to give care and hospitality.

In England in the 1700s and 1800s, **coaching inns** stood along the great roads. Stagecoaches stopped to change horses. Travelers ate hot meals by the fire and slept in rooms around a courtyard with galleries. The George Inn in Southwark, London, rebuilt in 1677, still stands.

Today, many families run a **bed-and-breakfast** in their own homes. They rent out a few rooms and serve a homemade breakfast. It is hospitality as a small business.

PICTURE STUDY



The London-Manchester Stage Coach outside the Peacock Inn, Islington, James Pollard, 1800s · Oil on canvas · Wikimedia Commons (Google Art Project)
Wikimedia Commons · Public domain

James Pollard painted coaches and inns. Here a stagecoach called the “Peveril of the Peak” stops outside the Peacock Inn in London. Travelers climb down, ostlers tend the horses and the innkeeper welcomes guests.

Look closely

- Count the horses.
- Find passengers sitting on the roof.
- Find the inn’s sign or door.

Talk about it

1. What would a tired traveler want at an inn?
2. How is this like a hotel today?

HANDS-ON: INN TIMELINE

Make a timeline of inns.

You will need

- A long strip of paper

- Pencils and markers

Steps

1. Draw four boxes in order: Bethlehem (Luke 2), Good Samaritan's inn (Luke 10), a coaching inn (1700s-1800s), a modern B&B.
2. In each box draw a picture and write one sentence.
3. Under the coaching inn, write "George Inn, London, rebuilt 1677."
4. Write what all inns have in common.

Check your work

- My timeline has four inns in order.
- I can say what inns have in common.

FIELD NOTEBOOK

1. **Merchant page 5.** Paste in your inn timeline.
2. Copy Luke 10:35 or Luke 2:7.

Did you know? The George Inn in London is the last galleried coaching inn left in the city and belongs to the National Trust. Fresh horses were waiting at coaching inns so the stagecoach could go on quickly. A tavern sign often showed a picture because many travelers could not read.

Goes deeper in. History, "Travel in Olden Days" (coming soon).

For families. Scripture: Luke 2:7 (Greek kataluma, often a guest room); Luke 10:34-35 (pandocheion, an inn). The George Inn, Southwark, was rebuilt in 1677 after a fire and is owned by the National Trust. James Pollard's painting of the Peveril of the Peak at the Peacock Inn, Islington, is from the 1820s-30s per Commons.

PRACTICE

1. **EASY** Why was Jesus laid in a manger?
2. **MEDIUM** What did the Good Samaritan pay the innkeeper to do?
3. **EASY** What is a B&B?

Make it a game • Change Horses!. Players are stagecoach teams. At each "inn" (a chair), they must swap one player for a "fresh horse" before running on. Fastest team to the last inn wins.

Scripture. "And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee." (Luke 10:35, KJV)

An innkeeper's work was care and hospitality, and the Samaritan paid him honestly for it.

Practice: answers

1. There was no room in the inn.
2. Take care of the hurt man.
3. A home that rents rooms and serves breakfast.

4.6 DESIGN A PRETEND BED-AND-BREAKFAST

OBJECTIVES

- Design rooms, a breakfast menu and a price list for a pretend B&B.
- Figure the cost of one breakfast.
- Make a brochure.

Warm-up. Imagine your home were a little inn. Which room would be the guest room? What would you serve for breakfast?

Video slot. Video coming. What it is like to run a family bed-and-breakfast (family-friendly). Search approved channels (a small-business or travel channel vetted per video); preview first.

KEY TERMS

brochure

A small folded paper that tells about a place.

rate

The price for one night.

amenity

Something extra that makes guests comfortable, like fresh towels or a reading lamp.

occupancy

How many rooms are filled.

CORE IDEAS

Now design your own pretend **bed-and-breakfast**! First, give it a name, like “Rose Hill Inn” or “The Oak Tree B&B.” Draw a floor plan with two or three guest rooms.

Plan each room: a bed, clean sheets, towels, a reading lamp, a Bible on the nightstand and a vase of flowers. These extras are called **amenities**. Name each room, maybe after a flower or a bird.

Next, plan a breakfast menu using Trail A: pancakes, fresh bread with butter and jam, eggs, fruit and milk or coffee. Figure about what one breakfast costs to make, as you did in Stop D3.

Then set a **rate** for one night that covers your costs (breakfast, washing sheets, soap, a share of the house costs) plus a fair profit. Finally, make a **brochure** with a drawing, the rooms, the menu and the price. This is pretend practice, so no real guests!

PICTURE STUDY



The George Inn, Southwark, Photograph, modern · Photograph · Wikimedia Commons
Photo: Ewan Munro from London, UK · [CC BY-SA 2.0](#) · [Wikimedia Commons](#)

This photograph shows the George Inn in London. Guests once walked along these galleries to their rooms. A good place to stay feels welcoming from the outside.

Look closely

- Find the galleries.
- Count the windows on one floor.
- What makes it look welcoming?

Talk about it

1. What would you change to make it a B&B?
2. What would your B&B look like from outside?

HANDS-ON: MY PRETEND B&B BROCHURE

Design and make a brochure.

You will need

- A sheet of paper folded in thirds
- Pencil, ruler, colored pencils
- A calculator (optional)

Steps

1. Name your B&B and draw it on the front panel.
2. Inside left: draw a floor plan and name the rooms.
3. Inside middle: write the breakfast menu.
4. Inside right: write a price list: one night's rate, and extras (for example, a picnic basket).
5. On the back: write a welcome message and a verse.
6. Write your costing on a separate sheet: breakfast cost + other costs + profit = rate.

Tips

- Sample: breakfast \$4 + washing and soap \$3 + share of house costs \$20 + profit \$13 = \$40 a night (round numbers for practice).

Check your work

- My brochure has the name, rooms, menu and prices.
- I can explain how I set the rate.

FIELD NOTEBOOK

1. **Merchant page 6.** Paste in your brochure.
2. Write your rate and how you figured it.

Did you know? Many B&Bs are in old houses with history of their own. In Britain, “bed and breakfast” became popular in the 1900s, especially in seaside towns. Hosts often learn guests’ names and remember how they like their eggs.

Goes deeper in. Small Business & Economics, “Seven Small Businesses: The B&B” (coming soon).

For families. This stop is pretend; no real guests or rentals. Real short-term rentals involve permits, taxes, insurance and safety rules. Sample costs are round numbers. The George Inn photo is a modern Commons image; license in build/pics.json.

PRACTICE

1. **EASY** What is an amenity?
2. **MEDIUM** What costs go into a room rate?
3. **EASY** What is a brochure?

Make it a game · Guest Arrives. One child is the B&B host, one a traveling guest. The host welcomes the guest (Trail C), shows the room, tells breakfast time and serves a pretend breakfast. Switch.

Scripture. “Use hospitality one to another without grudging.” (1 Peter 4:9, KJV)

Whether as a gift or a business, hospitality should be glad, not grudging.

Practice: answers

1. Something extra that makes guests comfortable.
2. Breakfast, washing sheets and soap, a share of house costs, plus profit.
3. A small folded paper that tells about a place.

4.7 LYDIA, THE SELLER OF PURPLE

OBJECTIVES

- Retell Acts 16:14–15.
- Tell what Lydia sold and why purple was costly.
- See how Lydia used her home for hospitality.

Warm-up. Look for something purple in your house. Long ago, purple cloth was so costly that only the rich could buy it.

Video slot. Video coming. Lydia of Thyatira (Acts 16) and how purple dye was made, for children. Search approved channels (a family Bible channel or museum channel vetted per video); preview first.

KEY TERMS

Thyatira

A city in Asia Minor (now Turkey) famous for dyeing cloth (say “thy-uh-TIE-ruh”).

Philippi

A city in Macedonia where Paul first preached in Europe.

purple

A costly dye and the fine cloth colored with it.

constrained

An old word: urged strongly.

CORE IDEAS

On his second missionary journey, the Apostle Paul came to **Philippi** in Macedonia. On the Sabbath he went outside the city to a riverside, where women met for prayer, and he spoke to them.

One of them was **Lydia**, “a seller of purple, of the city of **Thyatira**.” She sold costly **purple** cloth. Purple dye was very expensive, made from sea snails or certain plants, and only wealthy people could afford it. So Lydia was a businesswoman.

Lydia already worshipped God. As Paul spoke, “the Lord opened” her heart, and she believed. She and her household were baptized.

Then Lydia said, “If ye have judged me to be faithful to the Lord, come into my house, and abide there.” The Bible says she **constrained** them: she would not take no for an answer! Lydia’s home became the first meeting place of the church in Philippi (Acts 16:40). She used her business and her home to serve the Lord.

PICTURE STUDY



The Baptism of Lydia, Marie Ellenrieder, 1861 · Oil on canvas · Wikimedia Commons
Wikimedia Commons · Public domain

Marie Ellenrieder was a German painter of religious pictures. She painted Lydia's baptism by the river at Philippi, with her household around her.

Look closely

- Find Lydia.
- Find Paul.
- Find the river or water.

Talk about it

1. How do you think Lydia felt?
2. What did Lydia do right after she was baptized?

HANDS-ON: PURPLE DYE EXPERIMENT

Dye a cloth purple with a kitchen dye.

You will need

- A small piece of white cotton cloth
- Red cabbage (or blackberries)
- A pot and water (a grown-up handles the hot water)
- Gloves, a spoon and a bowl

Steps

1. A grown-up chops half a red cabbage, simmers it in water for 20 minutes and strains the purple water into a bowl to cool.
2. Wearing gloves, dip the cloth and let it soak for an hour.
3. Rinse and dry it. What color is it?
4. Talk: how much work it took for a little cloth! Why was purple so costly long ago?
5. Glue a scrap in your notebook.

Check your work

- I dyed a cloth with a kitchen dye.
- I can say why purple was costly.

FIELD NOTEBOOK

1. **Merchant page 7.** Glue in your dyed cloth.
2. Copy Acts 16:15.

Did you know? Lydia is the first person in Europe recorded in the Bible as becoming a Christian. Thyatira had guilds of dyers; old inscriptions there mention them. Later, Paul wrote the letter to the Philippians to the church that began in Lydia's house.

Goes deeper in. Bible, "Acts of the Apostles," and History, "The Roman World" (coming soon).

For families. Scripture: Acts 16:12–15, 40; Philippians. Purple dye: Tyrian purple from murex snails; Thyatira was also known for "turkey red"/madder dyes, and dyers' guild inscriptions survive (Britannica; standard Bible dictionaries). Cabbage dye will be lilac to blue-purple, not true Tyrian purple. Ellenrieder's *Die Taufe der Lydia* (1861).

PRACTICE

1. **EASY** What did Lydia sell?
2. **MEDIUM** Why was purple costly?
3. **EASY** What did Lydia do after she was baptized?

Make it a game • Riverside Meeting. Act out the story: women praying by the "river" (a blue towel), Paul arriving, Lydia listening, the baptism and Lydia inviting everyone home.

Scripture. "And when she was baptized, and her household, she besought us, saying, If ye have judged me to be faithful to the Lord, come into my house, and abide there. And she constrained us." (Acts 16:15, KJV)

Lydia's first act as a new believer was hospitality.

Practice: answers

1. Purple cloth.
2. The dye was rare and hard to make, from sea snails or plants.
3. She invited Paul and his friends to stay in her house.

4.8 COUNT THE PROFIT AND DECIDE: SAVE, GIVE, SPEND

OBJECTIVES

- Count money and figure profit: sales – costs.
- Divide profit into save, give and spend.
- Know the Bible’s teaching on giving and diligence.

Warm-up. Have three jars or envelopes ready. Label them SAVE, GIVE and SPEND.

Video slot. Video coming. Save, give, spend for children; the widow’s mite. Search approved channels (a family finance or Bible channel vetted per video); preview first.

KEY TERMS

sales

The total money taken in from customers.

expenses

The money spent to make and sell things (the costs).

tithe

A tenth, given back to God.

steward

Someone who manages what belongs to another. Our money belongs to God.

CORE IDEAS

After a sale, a merchant counts. First add up all the money customers paid: your **sales**. Then subtract your **expenses**, what you spent on ingredients and bags. What is left is profit: sales – expenses = profit.

For example, if you sold 60 cookies at 50 cents, your sales are \$30. If your costs were \$12, your profit is \$18. If you held the sale for a good cause, the profit goes to that cause!

If the money is yours to keep, the Bible gives wisdom. **Give** first: Christians have long given a **tithe**, a tenth, back to God. **Save** some for later, like the ant in Proverbs 6 who gathers food in summer. Then **spend** some wisely, with thanks.

Jesus once watched people giving at the temple. A poor widow gave two tiny coins, called mites. Jesus said she gave more than all the rich, because she gave all she had (Mark 12:41–44). God cares most about the heart. We are His **stewards**.

PICTURE STUDY



The Widow's Mite, James Tissot, 1886-1894 · Opaque watercolor over graphite · Brooklyn Museum, New York

Wikimedia Commons · Public domain

James Tissot traveled to the Holy Land and painted hundreds of pictures of the life of Christ. Here the poor widow quietly gives her two mites.

Look closely

- Find the widow.
- Find the offering box.
- Find the rich men. How are they dressed?

Talk about it

1. Why did Jesus say she gave the most?
2. How can you give with a glad heart?

Safety first. Parent sign-off before any real selling. This stop is practice. Before the child sells anything to real customers, a parent must approve the plan, check local rules (some towns and events require permits or food-handling rules for baked goods), and be present at the sale. Sign here: _____ (parent) Date: _____

HANDS-ON: PROFIT TALLY AND THREE JARS

Count a (real or pretend) sale and divide the profit.

You will need

- Your bake-sale plan and cost sheet
- Play money or real money (with a parent)
- Three jars or envelopes: SAVE, GIVE, SPEND

Steps

1. Write your sales: number sold $\times$ price.
2. Write your expenses from your cost sheet.
3. Profit = sales – expenses.
4. Decide with a parent how to divide the profit. One example: give 10%, save 50%, spend 40%. Or give it all to your chosen cause.
5. Put the money in the jars and write where the GIVE money will go.

Tips

- Example: $60 \times \$0.50 = \30 sales; \$12 expenses; \$18 profit. Give \$1.80, save \$9.00, spend \$7.20.

Check your work

- I figured sales, expenses and profit.
- I divided the profit into save, give and spend.
- I chose where to give.

FIELD NOTEBOOK

1. **Merchant page 8.** Paste in your profit tally and draw your three jars.
2. Copy 2 Corinthians 9:7.

Did you know? A tenth of \$18 is \$1.80. Proverbs 6:6 says, “Go to the ant, thou sluggard; consider her ways, and be wise.” A mite (lepton) was the smallest coin in Jesus’ day.

Goes deeper in. Small Business & Economics, “Profit and Stewardship” (coming soon).

For families. Scripture: Mark 12:41–44; Proverbs 6:6–8; Malachi 3:10; 2 Corinthians 9:7. The save/give/spend split is the family’s choice; the example is only an example. Tissot’s The Widow’s Mite (1886–94) is in the Brooklyn Museum. Real sales require the parent sign-off below.

PRACTICE

1. **EASY** How do you find profit?
2. **MEDIUM** Sales were \$20 and expenses \$8. What is the profit?
3. **MEDIUM** What is a tithe of \$12?

Make it a game · Three Jars Toss. Toss beanbags (each worth \$1) into three baskets labeled Save, Give and Spend. Then add up each basket and talk about the choices.

Scripture. “Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.” (2 Corinthians 9:7, KJV)

God loves a cheerful giver. A profit is a chance to give gladly.

Practice: answers

1. Sales minus expenses.
2. \$12.
3. \$1.20 (one tenth).

TRAIL 4 BADGE QUIZ

The badge quiz is optional. Read each question aloud; the child may answer by talking, pointing or drawing. Four right out of five earns the first badge; three right out of four earns the second. Badges and the certificate are earned by doing the stops, not by scores.

Badge quiz 1 (Stops 1–5)

1. What did the Proverbs 31 woman make and sell?
2. What is a batch?
3. How do you find the cost per cookie?
4. What is profit?
5. Where were stagecoach horses changed?

Badge quiz 2 (Stops 6–8)

6. What does B&B stand for?
7. What did Lydia sell?
8. Name the three jars.
9. What is a tithe?

TRAIL CERTIFICATE: MY BAKE-SALE PLAN, B&B BROCHURE AND TRAIL D CERTIFICATE

Gather your bake-sale plan, cost sheet, price sign and profit tally, and your B&B brochure.

If your family chooses to hold a real bake sale for a good cause, a parent must sign off first (see the boxes on Stops D2, D4 and D8).

When the plan and brochure are done, a parent signs the Trail D certificate.

- **Plan:** What to bake and how many batches.
- **Numbers:** Cost per item, price and profit figured correctly.
- **Brochure:** Rooms, menu and rate.
- **Stewardship:** Save, give, spend explained.

Answer key

1. Fine linen and girdles (belts).
2. The amount one recipe makes.
3. Batch cost ÷ number of cookies.
4. Price (or sales) minus cost.
5. At coaching inns.
6. Bed-and-breakfast.
7. Purple cloth.
8. Save, give, spend.
9. A tenth given to God.