Eating with Chopsticks

Learning to eat with chopsticks can be tricky- it takes some practice, but can be lots of fun! Here are some tips:

1. Hold one chopstick between your thumb and middle finger. Position the chopstick so that it lies at the base of your thumb (on the joint) and at the lower joint of the middle finger. This chopstick shouldn’t touch the index finger.

2. Place the other chopstick between your thumb and forefinger. The side of the chopstick should rest against the tip of your thumb: the top of the chopstick should rest against the pad of your index finger.

3. Be sure the tips of the chopsticks are parallel.

4. Keep the first chopstick stationary as you practice moving the second chopstick toward the stationary one.

5. Use this technique to position the chopsticks around a piece of food.

6. Hold the food firmly as you lift it toward your mouth.

Spearing your food with a chopstick is considered impolite.

If you have trouble, try leaning the second chopstick against your middle finger for extra support.