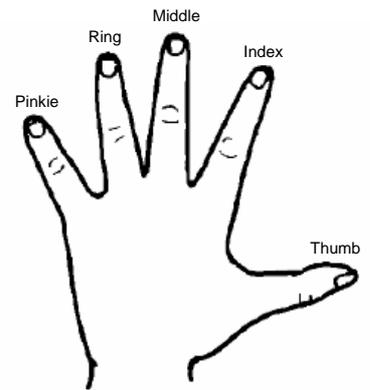


# How to Use Chopsticks

1. Take the thick end of one chopstick in the crook of your thumb. Rest the lower part lightly against the inside of your ring finger.
2. Hold the other chopstick between the tips of your index and middle finger. Hold it with your thumb—just like you hold a pencil.
3. Move the outside (second) stick back and forth while you hold the inside (first) stick still.
4. Now you're ready to pick up your food.



## Chopstick Trivia!

- Did you know that it is not polite to cross your chopsticks on your plate or bowl?
- Chopsticks can be made of wood, bamboo, metal, bone, ivory and plastic!
- Never wave your chopsticks around or bang them on the table like a drum!

