

## Using 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, as you hold a pencil.
3. Move the outside (second) stick back and forth while you hold the inside (first) stick still.
4. Now you are ready to pick up some food.
5. Never touch your mouth with your chopsticks, because every one eats from the same bowls.
6. It is not polite to cross your chopsticks on your plate or bowl.

