



Eating with Chopsticks Grades 5-6

People in China use chopsticks to eat their food. Do you know how to eat with chopsticks?



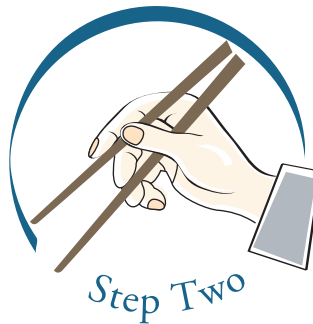
Step One:

Tuck one stick under your thumb and hold firmly against your third finger (the finger next to your pinkie).



Step Two:

Add the second chopstick, holding it between your index and middle fingers as you would hold a pencil. The pointed ends of your chopsticks should be even with each other.



Step Three:

Don't move your first chopstick. Move your second chopstick up and down. If you don't have cotton balls, try gummy bears or M&Ms.



Supplies:

- Chopsticks (available from many craft, import or grocery stores)
- Cotton balls

Put cotton balls in a small bowl. Try to pick up cotton balls with your chopsticks.

Test your skills:

- See how many cotton balls you can pick up in 60 seconds.
- Compete with your friend to see who can pick-up the most cotton balls in 3 minutes.