

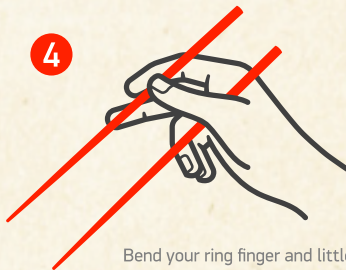
HOW TO USE **CHOPSTICKS**

1



Hold your dominant hand as though you are going to shake hands with someone.

4



Bend your ring finger and little finger, and tuck the ring finger under the lower chopstick.

2



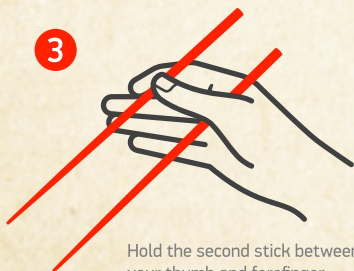
Put the first chopstick under your thumb, resting it on the palm.

5



Put your middle finger under the top stick.

3



Hold the second stick between your thumb and forefinger.

6



Move the top stick up and down to grip food.