



**Take your  
writing  
hand.**



**Place one  
chopstick  
between  
your  
thumb and  
fingers.**



**Place the  
second  
chopstick  
above the  
first  
chopstick,  
touching the  
ring finger.**



**Press your  
thumb  
against the  
two  
chopsticks.**



**Lift up and  
bring down  
the top  
chopstick  
without  
moving the  
bottom  
chopstick.**



**Place the  
chopsticks  
around the  
food and  
eat.**