

CHOPSTICKS

Historical Aid

Hashi, or chopsticks, are used to eat Japanese food. There is a proper way to use chopsticks. *Mayoi*, *sashi* and *yose*, which mean “dithering”, “stabbing” and “drawing near” are considered bad manners. Please do not wave your chopsticks over the food, stab it or use your chopsticks to pull a serving dish to you!

Lift a dish off the table with one hand and use your *hashi* with the other. When eating a dish like *sashimi* (raw fish) use the hand not holding the *hashi* to hold the dish containing the sauce.

Project

Play a game that gives students a chance to practice using chopsticks by picking up a variety of items off a table.

Directions

1. Spread out the selected items on a long table.
2. Give each participant a set of chopsticks.
3. Give everyone a chance to practice holding and handling the chopsticks.
 - Instruct players to hold one chopstick like a pencil, slightly toward the thick end.
 - Next, slide the second chopstick between the thumb and second finger so it rests on the middle finger.
 - Hold the lower chopstick steady, and practice moving the upper chopstick only.
4. Choose four players for each game. On the shout of “*hashi*” the game begins!
5. The first player to pick up one of each item is the winner!

Materials

- Chopsticks (available at most grocery stores)
- Different items of varying sizes for the students to practice picking up, such as:
 - ◆ cotton balls
 - ◆ dried beans
 - ◆ uncooked macaroni
 - ◆ pencil erasers
 - ◆ small wads of paper
 - ◆ rubber bands

