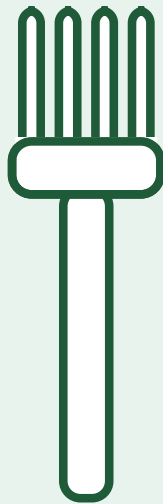


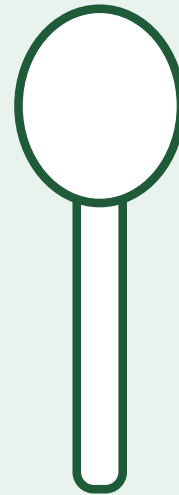
Fork for Food. Spoon for Food.

The utensil goes into the food, then to your mouth



FORK

Solid food — meat, vegetables,
noodles



SPOON

Soft food — soup, cereal, yogurt

What the teacher says:

“Pick up your fork.” “Fork goes in the food.” “Good spoon use.”

Fingers stay off the food

Unless a staff member says otherwise — bread and fruit are usually fine.
Practise with an empty plate first, before there is any food on the table.

