

Name:

Day One

Don't Eat With Your Hands

Part 1: Silent read

→ Can eating with your hands ever be polite? Read silently.

“Don't eat with your hands!” Many American children hear these words at mealtimes. However, in some parts of the world, eating with your hands is the custom.

Julie Sahni, a writer and cooking teacher, grew up in India. As a child, she always ate with her right hand. In college, she won a dance contest, which meant a trip to Europe. She worried about how she would eat with a fork and knife. What was her solution? She took a class to learn the right way to eat with utensils.

There are important things to know about eating with your hands, too. Usually, people first wash their hands. If they are Muslim, they say a prayer of thanks.

In parts of India, people only use their thumb, pointer, and middle finger to eat. It is impolite to use other fingers. In parts of Asia, people use flat bread to put food into their mouths. In Central and Southern Africa, people make a mash of roots or corn. They form the mash into balls and scoop their food.

Ms. Sahni thinks eating with hands is “very warm and gentle...” She won't use a knife and fork in Indian restaurants in New York. It doesn't matter to her if the restaurant is fancy. It doesn't matter to her if she is the only one eating with her hands!

Source: “Mind Your Manners: Eat with Your Hands,” *The New York Times*, January 18, 2012.



Day One

// one minute

Don't Eat With Your Hands

Part 2: First timed read

WPM _____

“Don't eat with your hands!” Many American children hear these words at mealtimes. However, in some parts of the world, eating with your hands is the custom.

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| Julie Sahni, a writer and cooking teacher, grew up in India. As a child, she always ate | 44 |
| with her right hand. In college, she won a dance contest, which meant a trip to Europe. | 61 |
| She worried about how she would eat with a fork and knife. What was her solution? She | 78 |
| took a class to learn the right way to eat with utensils. | 90 |

| | |
|---|-----|
| There are important things to know about eating with your hands, too. Usually, people | 104 |
| first wash their hands. If they are Muslim, they say a prayer of thanks. | 118 |

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|---|-----|
| In parts of India, people only use their thumb, pointer, and middle finger to eat. It is | 135 |
| impolite to use other fingers. In parts of Asia, people use flat bread to put food into their | 153 |
| mouths. In Central and Southern Africa, people make a mash of roots or corn. They form | 169 |
| the mash into balls and scoop their food. | 177 |

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|---|-----|
| Ms. Sahni thinks eating with hands is “very warm and gentle...” She won't use a knife | 193 |
| and fork in Indian restaurants in New York. It doesn't matter to her if the restaurant is | 210 |
| fancy. It doesn't matter to her if she is the only one eating with her hands! | 226 |

Part 3: Comprehension and discussion

How do people eat politely in India?

What was Ms. Sahni nervous about?

Day One

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Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

“Don't eat with your hands!” // Many American children / hear these words / at mealtimes. // However, / in some parts of the world, / eating with your hands / is the custom. //

Julie Sahni, / a writer and cooking teacher, / grew up in India. // As a child, / she always ate with her right hand. // In college, / she won a dance contest, / which meant a trip to Europe. // She worried about how she would eat / with a fork and knife. // What was her solution? // She took a class / to learn the right way to eat with utensils. //

There are important things to know / about eating with your hands, / too. // Usually, / people first wash their hands. // If they are Muslim, / they say a prayer of thanks. //

In parts of India, / people only use their thumb, / pointer, / and middle finger / to eat. // It is impolite to use other fingers. // In parts of Asia, / people use flat bread / to put food into their mouths. // In Central and Southern Africa, / people make a mash of roots or corn. // They form the mash into balls / and scoop their food. //

Ms. Sahni thinks / eating with hands is “very warm and gentle.” // She won't use a knife and fork / in Indian restaurants in New York. // It doesn't matter to her if the restaurant is fancy. // It doesn't matter to her / if she is the only one / eating with her hands! //

I read the passage in phrases out loud to my partner.