

Name:



Day Two

Don't Eat With Your Hands

Part 1: Tricky phrases and words

→ Read these phrases and words **out loud** to your partner.



Decoding practice:

Circle the base words in the longer words below. The base is a word part that shows the core meaning. The first one is done for you.

American

i m p o l i t e

children

S o u t h e r n

I n d i a n



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Don't Eat With Your Hands

Part 2: Last read

// one minute

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.

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. 44
61
78
90

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. 104
118

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. 135
153
169
177

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! 193
210
226

Part 3: Comprehension and discussion

What are some foods you eat with your hands?

Share your answer with your partner. Are your answers the same or different?

- We eat pretty much the same things with our hands
- We eat different things with our hands