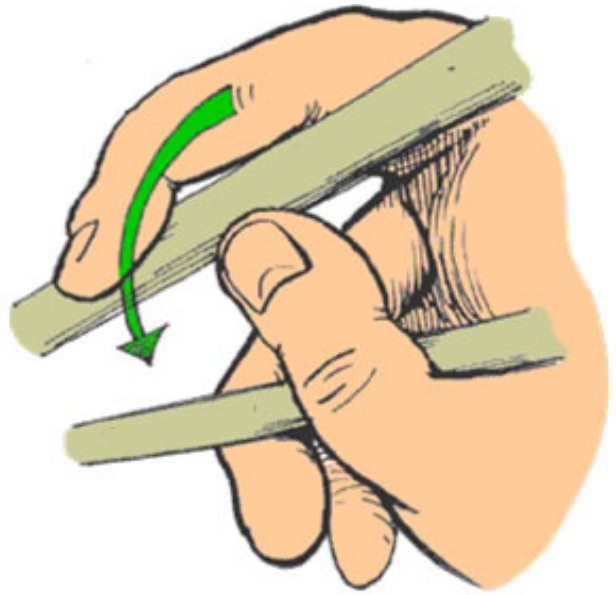


## How to hold and use Chopsticks

- Hold the top one between the thumb and the middle and index fingers as you hold a pen.
- Hold the bottom one between the thumb and the ring finger
- Move the top chopstick only to pick up food.

Tip: Try to hold chopstick at the end (but not too close to the other end) which you put it in your mouth.



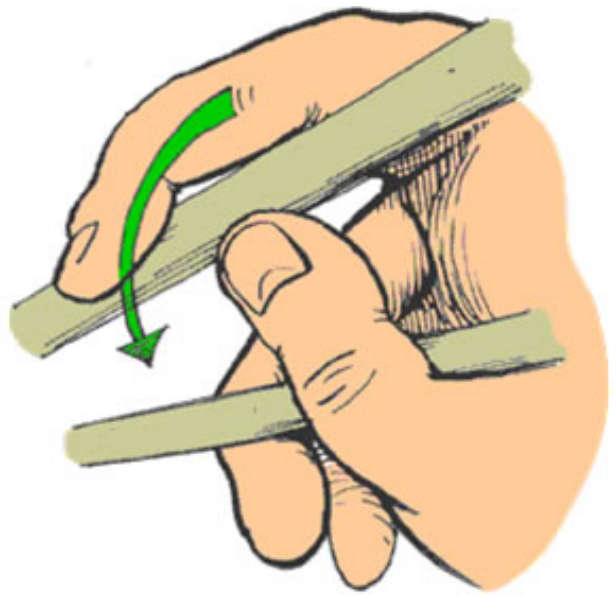
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-- cut along line and separate --

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