



# Hashi - Chopsticks

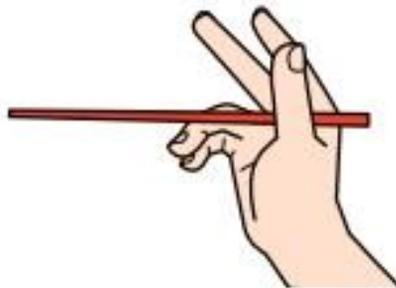
Chopsticks are traditionally used across Asia as eating utensils. In Japan, chopsticks are called *hashi* (箸), which also means bridge! Japanese chopsticks are traditionally made of wood or bamboo and are lacquered.

## **Chopstick Etiquette:**

Hold your chopsticks towards their far end, not in the middle or the front third. When you are not using your chopsticks, or have finished eating, lay them down in front of you. Do not stick chopsticks into your food when you aren't using them, especially not into rice. This is only done at funerals with rice that is put onto the altar. Do not point with your chopsticks. If you have already eaten with your chopsticks, use the opposite end when taking food from a shared plate.

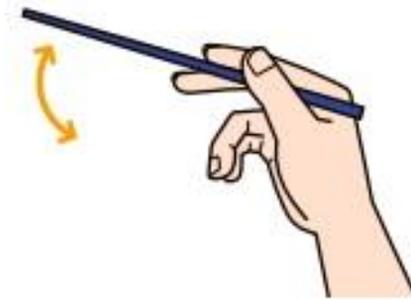
## **Using Chop Sticks**

- Support one chopstick with your ring finger and the base of your thumb.

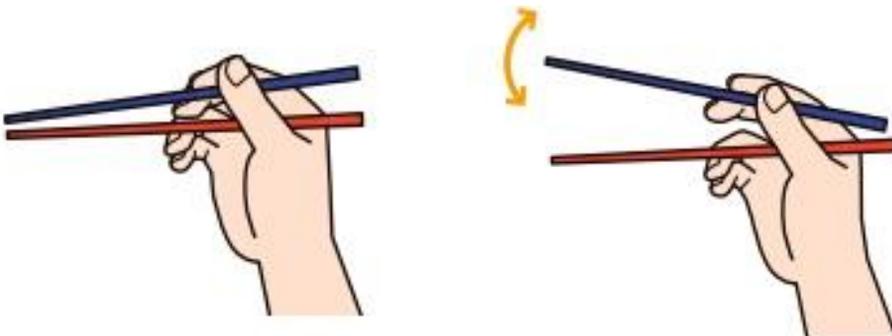




- Hold the other chopstick between your middle finger and your forefinger and support it with your thumb.



- Set two chopsticks as step 1 and 2.
- The first stick shouldn't move, and only the second stick moves.



### ***Practicing***

Here is a game that can be played using them and to test your chopstick holding skills!

1. Split the Scouts into teams. In a relay race, each Scout has to run to the other end of the hall, pick up one spaghetti strand with the chopsticks and then run back to their team, put the spaghetti in a pile and pass the chopsticks to the next team member.
2. This can either be played for a certain amount of time and whoever has the most when the time is up wins, or each team can be given a set amount of time and whoever finishes first wins.





### Chopsticks – Bean Game

Compete on how many beans you can move from one plate to another with chopsticks within a certain time.

Material: 30 beans, 1 pair of chopsticks, 2 plates

1. Practice using chopsticks.
2. Place 30 beans on one plate.
3. From the signal to start, move as many beans as you can to the other plate with the chopsticks in a given time.

### Chopsticks – Bean Relay

Material: 10 beans, 1 pair of chopsticks per person, 1 plate per person.

1. Sit in a circle and place a plate in front of each person.
2. Place 10 beans in the first person's plate. Everybody holds their chopsticks.
3. From the signal to start, use the chopsticks to place a bean on the plate in front of the person on your right. Time how fast all the beans go around the circle.

