

## Eating with a Fork and Spoon

Filipinos usually eat with a fork and spoon. The fork, usually in the left hand, is used to place or push the food into the spoon which is held by the right hand. The spoonful of food goes into your mouth.

When cutting meat you should pierce it with the fork and use the edge of the spoon to cut. Since rice is a staple at almost every meal the fork and spoon method is ideal. Every grain of rice can be placed easily onto a spoon instead of hoping the grains don't fall through the tines of a fork.



I love practicing this filipino tradition because you can prepare the perfect spoonful of food everytime. A little rice, a bit of meat, some sauce (or sabaw), and a little bit of vegetable in every bite.

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## Eating with Hands (Kamayan)

In addition to the fork and spoon method, eating with your hands or kamayan is another common filipino tradition. Gather a small portion of meat or fish and a bite size portion of rice on your plate. Then use all your fingers to gather the food into a small mound or mound. Pick up the little mound and put it in your mouth using your thumb to gently push the food in.

Filipinos usually eat rice that has a slightly sticky consistency so making the little mounds is easier than if you were to use a jasmine or basmati rice. Of course, this method of eating doesn't work with soup/stew or noodles and other kinds of food but for your basic plate of rice, meat/fish and vegetables it works quite well! Next time you make dinner try eating kamayan.

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Ref.: <http://www.filipinoplanet.com/filipino-traditions.html>

look also [www.FilipinoTraditions.ph](http://www.FilipinoTraditions.ph) - [www.Etiquette.PhilippineCulture.ph](http://www.Etiquette.PhilippineCulture.ph) and [www.FilipinoFood.ph](http://www.FilipinoFood.ph)