

# **TIPS FOR DINING WITH CONFIDENCE**

**Do you worry about knocking over your drink?**

**Are you frustrated with food ending up everywhere except on your fork?**

**Can't read the menu?**

**You are not alone!**

## **1. Trust Your Sense of Touch**

- Reach for your drink by sliding your fingertips across the table until they touch the glass instead of reaching through the air.**
- Start each meal by taking a moment to feel the weight of your empty fork. Your sense of this will alert you during the meal if you have an empty fork instead of a forkful of food.**
- The shape of the knife handle often indicates which way the blade is—handles are curved underneath and flat on top. No need to touch the blade with your fingers.**

## 2. Practice New Techniques

- If you can't see what's on your plate, probe gently with your fork and discern by texture what is to the left, right, top or bottom of your plate.
- Use a piece of bread or a knife as a "pusher" to get food on your fork (resist the temptation to use your fingers).
- Cut only one bite at a time. Stay close to the edge of the item you are cutting and cut close to the fork to ensure a nice small bite.



## 3. Prevention: Get in the Habit!

- Lean over the plate when you take a bite. If something falls it will land on the plate and not in your lap.

- **Use your knife or side of your fork to sweep food from the edge of the plate towards the center to prevent morsels from falling onto the table.**
- **Having some soup? Eat the liquid first to prevent a splash.**

#### **4. Dining Out**

- **Hold onto a friend's elbow and stay a step behind when moving through an unfamiliar restaurant. Ask your guide to let you know about any steps.**
- **Request to be seated where the light is adequate.**
- **Navigate long menus quickly by telling your reader what you are interested in ("I'd like something with chicken and pasta") rather than listening to them read from start to finish.**

## 5. Adapt When Necessary

- Drink your soup from a mug instead of eating it from a bowl.
- Eat your peas with a spoon to stop them from rolling away.
- Ask your friend or server to tell you what's on your plate "Potatoes are at 12 o'clock, chicken at 6."



**Remember everyone spills sometimes, so concentrate most on enjoying good food and good company!**

**Contact Polly Abbott (312-236-8569) at Second Sense if you are interested in participating in our Dining with Confidence class.**