

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 Cody Froeter (312-236-8569) at Second Sense if you are interested in receiving more dining tips.