

# AKO POUŽÍVAŤ PALIČKY

## HOW TO USE CHOPSTICKS

1.

Dajte svoju dominantnú ruku do polohy, akoby ste si išli s niekým potriať rukou.

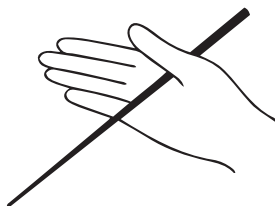
Hold your dominant hand as though you are going to shake hand with somebody.



2.

Dajte prvú paličku pod palec a nechajte ju ležať na dlani.

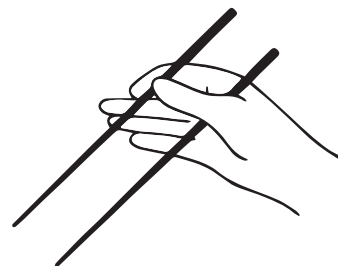
Put the first chopstick under your thumb, resting it on the palm.



3.

Chyťte druhú paličku medzi palec a ukazovák.

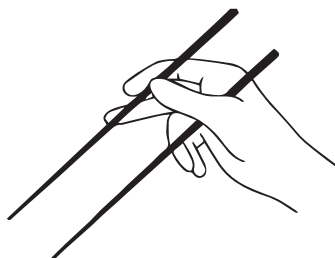
Hold the second stick between your thumb and forefinger.



4.

Ohnite prstenník a malíček a prstenník dajte pod spodnú paličku.

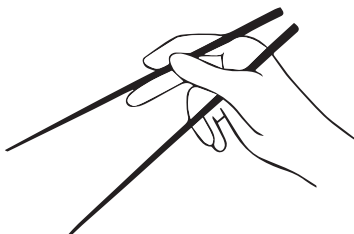
Bend your ring finger and little finger, and tuck the ring finger under the lower chopstick.



5.

Dajte prostredník pod hornú paličku.

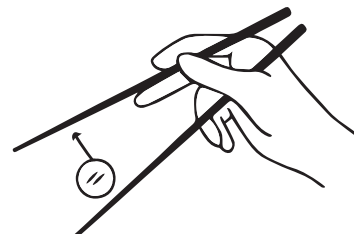
Put your middle finger under the top stick.



6.

Pohybujte hornou paličkou hore a dole, aby ste si prichytili jedlo.

Move the top stick up and down to grip food.



Alergény: 1 Obilniny / Cereals, 2 Kôrovce / Crustaceans, 3 Vajcia / Eggs, 4 Ryby / Fish, 5 Arašidy / Peanuts, 6 Sójové zrná / Soya, 7 Mlieko / Milk, 8 Orechy / Nuts, 9 Zeler / Celery, 10 Horčica / Mustard, 11 Sezamové semená / Sesame seeds, 12 Oxid siričitý a siričitany / Sulphur dioxide, 13 Vlčí bôb / Lupin, 14 Mäkkýše / Molluscs