

A QUICK GUIDE TO EATING WITH YOUR HANDS

STEP 01



Wash your hands

STEP 02



Mix rice and curry with your fingers

STEP 03



Take a lump of rice and curry to your lips

STEP 04



Use your thumb to push the lump of rice into your mouth

STEP 05



Wash and dry your hands after

Remember



Use your fingers only



Do not soil your palms



Do not place all your fingers in your mouth



Share your pics, stories and anecdotes of eating with your hand.

It doesn't matter what you're eating - burgers, rice and curry, fish and chips, dosas or anything else, upload them with the hashtag

#handfed