



TONGS – DRAIN WATER

Here's how to use tongs to drain water from food (such as certain vegetables and spaghetti).



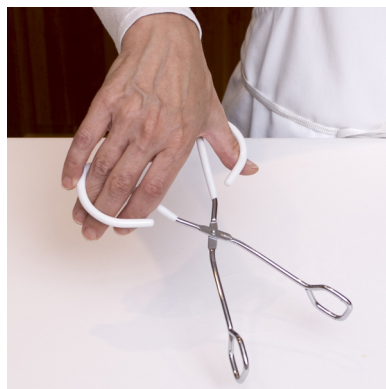
- _____ 1. Get food.
 Get tongs.



- _____ 2. Hold tongs.



- _____ 3. Hold on to pot.



- _____ 4. Open tongs.



_____ 5. **Careful!** Surround food.



_____ 6. **Careful!** Close tongs.



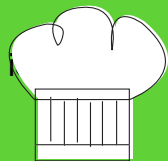
_____ 7. **Careful!** Lift food, keep tongs closed.



_____ 8. **Careful!** Let food drip.



_____9. Serve food, open tongs.

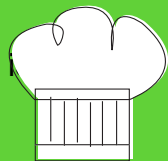


TONGS – DRAIN WATER

Here's how to use tongs to drain water from food (such as certain vegetables and spaghetti).

I assume the pot has heat resistant handles and doesn't require potholders.

- _____ 1. Get food. Get tongs.
 Get the food to be drained of water and a clean set of tongs.
- _____ 2. Hold tongs.
 Using one hand and the tongs, put your thumb into one of the handle loops and in the other handle loop, put your next two or three fingers from the same hand.
- _____ 3. Hold on to pot.
 With your other hand, hold on to the pot and keep holding it until you have completed step 6.
 This helps keep the pot steady and safe.
- _____ 4. Open tongs.
 Spread apart the two handle loops of the tongs.
 This means that your thumb will move in the opposite direction from the rest of your fingers.
 Open the tongs so that your hand is still comfortable and not straining.
- _____ 5. **Careful!** Surround food.
 With the tongs open, surround the food you're going to drain of water with the tips of the tongs (opposite to where your thumb and fingers are).
- _____ 6. **Careful!** Close tongs.
 Close the tongs and grab the food you are going to drain of water by bringing the two handle loops together.
 This means your thumb and other fingers will come back together.
 You should be holding some of the food you are going to serve.



- _____ 7. **Careful!** Lift food, keep tongs closed.
Carefully lift up the tongs, while you keep the two handle loops together and closed around the food.
- _____ 8. **Careful!** Let food drip.
Hold the tongs closed (with the food) over the pot of water for five seconds to allow excess water to drip back into the pot.
Hold tight because you don't want the food to fall back into the pot and splash back up on to you.
- _____ 9. Serve food, open tongs.
To serve the food, open the tongs over the plate or bowl you will use. This means that your thumb will move in the opposite direction from the rest of your fingers.
The tongs and food should be close to the plate or bowl before you open the tongs.



TONGS – SERVE FOOD

Here's how to use tongs to serve food (such as spaghetti, tossed salad, certain vegetables, and some meats).



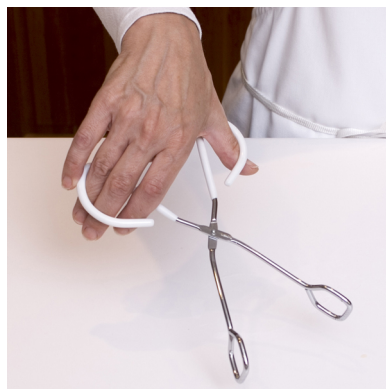
- _____ 1. Get food.
 Get tongs.



- _____ 2. Hold tongs.



- _____ 3. Hold on to bowl, plate or pot.



- _____ 4. Open tongs.



_____ 5. Surround food.



_____ 6. Close tongs.



_____ 7. Lift food, keep tongs closed.



_____ 8. Serve food, open tongs.

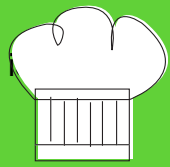


TONGS – SERVE FOOD

Here's how to use tongs to serve food (such as spaghetti, tossed salad, certain vegetables, and some meats).

I assume that if you're using a pot, it has heat resistant handles and doesn't require potholders.

- _____ 1. Get food. Get tongs.
 Get the food to be served and a clean set of tongs.
- _____ 2. Hold tongs.
 Using one hand and the tongs, put your thumb into one of the handle loops and in the other handle loop, put your next two or three fingers from the same hand.
- _____ 3. Hold on to bowl, plate or pot.
 *With your other hand, hold on to the bowl, plate or pot and keep holding until you have completed step 6.
 This makes sure the bowl, plate or pot is steady and safe.*
- _____ 4. Open tongs.
 *Spread apart the two handle loops of the tongs.
 This means that your thumb will move in the opposite direction from the rest of your fingers.
 Open the tongs so that your hand is still comfortable and not straining.*
- _____ 5. Surround food.
 With the tongs open, surround the food you're going to serve with the tips of the tongs (opposite to where your thumb and fingers are).
- _____ 6. Close tongs.
 *Close the tongs and grab the food you are going to serve by bringing the two handle loops together.
 This means your thumb and other fingers will come back together.
 You should be holding some of the food you are going to serve.*



- _____ 7. Lift food, keep tongs closed.
Carefully lift up the tongs, while you keep the two handle loops together and closed around the food.

- _____ 8. Serve food, open tongs.
To serve the food, open the tongs over the plate or bowl you will use. This means that your thumb will move in the opposite direction from the rest of your fingers.
The tongs and food should be close to the plate or bowl before you open the tongs.

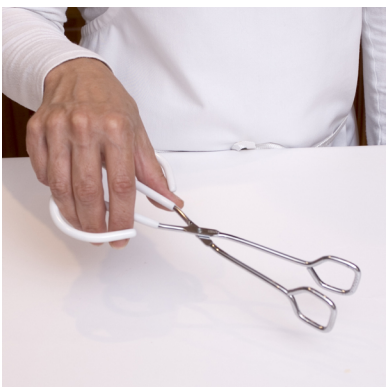


TONGS – TURN FOOD

Here's how to use tongs to turn food during cooking (such as grilled cheese sandwiches, hamburgers, and chicken breasts).



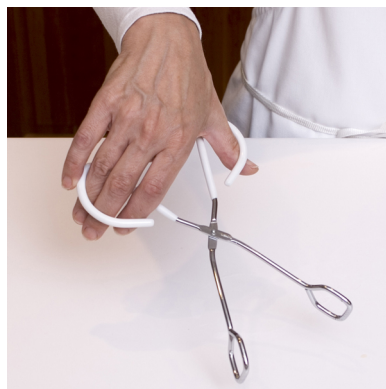
- _____ 1. Get food.
 Get tongs.



- _____ 2. Hold tongs.



- _____ 3. Hold on to pan.



- _____ 4. Open tongs.



_____ 5. **Careful!** Surround food.



_____ 6. **Careful!** Close tongs.



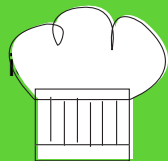
_____ 7. **Careful!** Lift food, keep tongs closed.



_____ 8. **Careful!** Turn tongs and flip food.



_____ 9. **Careful!** Put down food, open tongs.

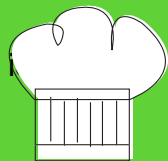


TONGS – TURN FOOD

Here's how to use tongs to turn food during cooking (such as grilled cheese sandwiches, hamburgers, and chicken breasts).

I assume the pan has heat resistant handles and doesn't require potholders.

- _____ 1. Get food. Get tongs.
 Get the food to be turned and a clean set of tongs.
- _____ 2. Hold tongs.
 Using one hand and the tongs, put your thumb into one of the handle loops and in the other handle loop, put your next two or three fingers from the same hand.
- _____ 3. Hold on to pan.
 With your other hand, hold on to the pan and keep holding it until you have completed step 9.
 This makes sure the pan is steady and safe.
- _____ 4. Open tongs.
 Spread apart the two handle loops of the tongs.
 This means that your thumb will move in the opposite direction from the rest of your fingers.
 Open the tongs so that your hand is still comfortable and not straining.
- _____ 5. **Careful!** Surround food.
 With the tongs open, surround the food you're going to turn by wedging one of the tong's tips under the food while the other tong end is positioned above the food.
- _____ 6. **Careful!** Close tongs.
 Close the tongs around the food you are going to turn by bringing the two handle loops together.
 This means your thumb and other fingers will come back together.



- _____ 7. **Careful!** Lift food, keep tongs closed.
Carefully lift up the tongs, while you keep the two handle loops together and closed around the food.

- _____ 8. **Careful!** Turn tongs and flip food.
With the tongs closed around the food, turn your hand so that the food is flipped on to the other side.

- _____ 9. **Careful!** Put food down, open tongs.
Keep the tongs closed around the food until you place it back down into the pan.
Open the tongs to release the food.
This means that your thumb will move in the opposite direction from the rest of your fingers.