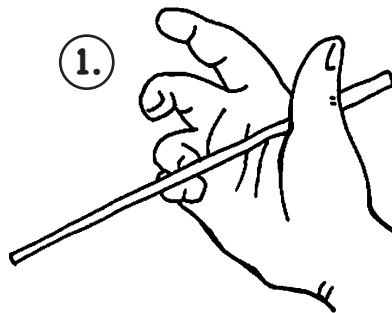


Stir Fry Fun - Using Chopsticks

Think of chopsticks as tongs. One always stays still and the other one moves. Try different ways. Find the one that's easiest for you.

HOW TO USE CHOPSTICKS:

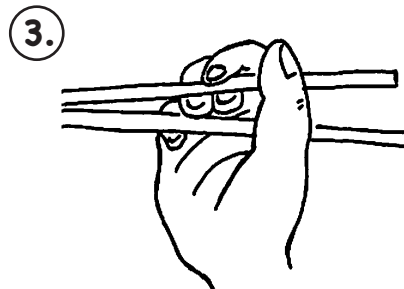
Put one chopstick between your thumb and first finger. Hold it steady with your third and fourth fingers. This chopstick will always stay still.



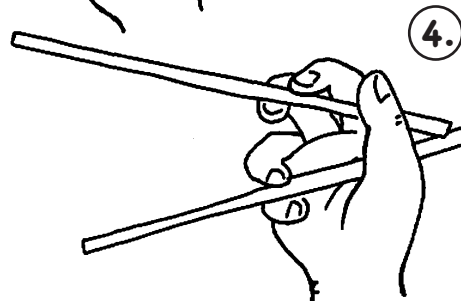
Hold the other chop stick between the tip of your thumb and the ends of your first two fingers. This is the chopstick that moves up and down.



Hold the lower stick steady while you move the upper one. Don't hold the sticks too tightly; a little pressure will do.



Now try to pick up a piece of food using the tips of your chopsticks. It's fun!



Stir Fry Fun

Stir Fry Meal

Ingredients:

1 Tbs Cornstarch
 ½ tsp Ground ginger
 ⅛ tsp Garlic powder
 1 tsp Soy sauce
 ⅓ cup Water
 2 Tbs Oil
 ⅓ cup Carrots, sliced thin
 ⅔ cup celery, sliced thin
 2 cups broccoli, separated
 into flowerets, stems cut thin
 ⅓ cup onions, cut thin
 1 cup bean sprouts

Directions:

1. Mix the cornstarch, ginger, garlic powder, soy sauce and water in a cup and set aside.
2. Clean and cut the veggies. They should be sliced thin and about equal sizes. Be sure they are dry so the oil won't splatter.
3. Heat the frying pan on high. Add oil.
4. When the oil smells hot, add the clean, dry carrots, onions and celery
5. Cook one minute, stirring constantly.
6. Add the broccoli, cook for two minutes. Keep stirring!
7. Add the liquid mixture and cook until bubbly.
8. Add the sprouts and put the lid on the pan. Cook for 2 more minutes.
9. CAREFULLY open lid (keeping face away from steam) serve and EAT! Try using chopsticks.