

Serving Yourself at a Buffet or Salad Bar

First, set your tray on the counter, if there is one. Turn your dominant hand (right if your right-handed, left if you're left-handed) so that it is palm down. With your fingers curled, find the back of your tray. Then move your hand across the tray towards the counter, with your fingertips lightly touching the tray.

When you reach the end of the tray, slowly raise your hand. Find the serving bowl or dish. Keep the backs of your fingers against the bowl until you reach the top of it. If the dish is hot, use your fingernails, not your fingertips.

When you're at the top, move the sides of your fingers around the rim. This will help you find the serving utensil. Pick up the serving spoon. Notice how heavy the serving spoon feels when it's empty. Hold your plate in your non-dominant hand.

Let's say you're serving yourself potato salad. Scoop some potato salad until the spoon feels heavier. Raise your plate. Hold it so that its edge is over the top of the serving bowl. Then put your serving spoon over the edge of your plate. Turn the spoon sideways. Give it a small shake, in case the

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potato salad is sticking to the spoon. Your plate should now feel a little heavier on that side. You now have potato salad! Put your plate back on the tray. Turn your plate a little. This way, you have an empty spot for the next food item.

Use tongs to tell the difference between foods, like baked and fried chicken. Other serving utensils can help you detect texture and consistency. For example, when you move a serving spoon in mashed potatoes, this feels different than when you move it in green beans.

Enjoy!