

## MORE QUESTIONS AND ANSWERS

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### Is it rude to not use chopsticks?

Do place them horizontally on top of your individual bowl or plate when not in use. Crossing your chopsticks is taboo, as it is a symbol of death. ... Don't use your chopsticks to pierce pieces of food to eat -- this is an extremely rude gesture, and you might as well use a fork if you are doing this.

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#### Which countries use chopsticks?

First used by the Chinese, chopsticks later spread to other East Asian cultural sphere countries including Japan, Korea, Vietnam; South and Southeast Asian countries such as Cambodia, Laos, Nepal, Malaysia, Myanmar, Singapore and Thailand.

#### Do Hawaiians eat with chopsticks?

In Hawaii, the utensil of choice is chopsticks, and they accompany pretty much any meal. The novice chopstick user has two choices: Be the one person in the party to ask for a fork, or fail miserably to get any food in your mouth for the duration of the meal.

#### What are the benefits of using chopsticks?

Research shows that eating with chopsticks lowers the glycemic index of the food you consume, thanks to the way it makes you eat it. Because eating with chopsticks meant eating less at a time and eating more slowly, the glycemic index of the food decreases.

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