



# Don't Slurp the Spaghetti



## A 4-Her's guide to Properly Eating Pasta

Pasta dishes are a favorite the world over. Even Lady and the Tramp took time out of their busy schedules to enjoy a plate of spaghetti. Long noodles with thick and creamy sauce may be yummy, but they also provide a challenge for the etiquette minded among us. Pasta is often a favorite at large events due to its low cost, that means that many eyes may be watching as you try to tame your pasta. Here are a few tips guaranteed to turn you into a Pasta Guru.

The main difficulty with spaghetti (and some other pastas) is that the noodles are so long and thin.

**Spoon It Up:** It may look difficult, but it is easy to eat long pasta with a fork and place spoon. The place spoon serves as a base of operation. Place a forkful of spaghetti strands, not too much, into the bowl of the place spoon. Then twirl it around until the strands are firmly wrapped around the fork in a bite size portion.

*OR*

**Don't Spoon It Up:** Some etiquette experts are now saying to leave the spoon out of it. Spaghetti can be eaten with a fork and a fork only. Use the edge of your plate to support the pasta as you wrap it into a bite size portion. This is a good alternative for those who are a little clumsy with the spoon or tend to "clink".

**Cut It Up:** It is also acceptable to use the fork and cut the spaghetti into bite size portions.

**Don't Overload:** Another mistake to avoid is wrapping *too much* pasta around the fork, as you'll end up with a spaghetti that's too big to easily fit in your mouth. It's hard to look cool when you're shoving an oversized forkful of pasta into your mouth.

**Don't Slurp:** Slurping up a dangling strand is also *a definite no-no*. Use your fork to lift the noodle up to your mouth.

**Avoid the Stress:** Any event when you're going to be scrutinized or in the public eye, like a first date, business lunch or formal banquet, should be spaghetti-free. Fumbling with difficult-to-eat food can just add to your stress, and getting pasta sauce on your clothes (or someone else's) could make things even worse. So enjoy your pasta at less formal meals, when possible and practice eating it the right way!

**Hint:** Eating pasta can be done properly by considering the basic rules of etiquette. Use the method that is comfortable and easy for you and won't result in you wearing your dinner.

### References:

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