Unit 7: Food signs

WAYS TO PREPARE FOOD

- **Cook**
- **Boil**
- **Mash**
- **Poach**
- **Bake**
- **Stir**
- **Slice**
- **Chop**
- **Flip**
- **Fry**
meats

pig

chicken

turkey

cow

duck
Grains

GRAINS
BREAKFAST
With the thumb and fingertips of the right hand together, palm facing down, move the fingers toward the lips. Then with the fingers of the open left hand in the crook of the bent right arm, move the open right palm upward toward the face.
Hint: “Eat” plus “morning.”

LUNCH
With the thumb and fingertips of the right hand together, palm facing down, move the fingers toward the lips. Then place the elbow of the bent right arm, hand extended straight up, on the palm of the open left hand held across the body.
Hint: “Eat” plus “noon.”

DINNER
With the thumb and fingertips of the right hand together, palm facing down, move the fingers toward the lips. Then place the wrist of the bent right hand on the back of the wrist of the open left hand held across the chest, both palms facing down.
Hint: “Eat” plus “night.”

BREAD
Roll the fingers of the bent right hand, palm facing in, downward with a double movement over the back of the open left hand, ending with the palm facing up each time.
Hint: Slicing a loaf of bread.

SANDWICH
Slide the fingers of the right “b” hand, palm facing down, between the index and middle fingers of the left “s” hand held in front of the chest, palm facing in and fingers pointing right.
Hint: Putting filling between slices of bread.

TOAST
Touch the fingertips of the right “v” hand first to the palm and then to the back of the open left hand held in front of the chest, palm facing right and fingers pointing up.
Hint: Holding bread with a fork to toast both sides.
**PANCAKE**
Beginning with the palm of the open right hand, palm facing down, on the palm of the open left hand held in front of the chest, flip the right hand over, ending with the back of the right hand on the left palm.
*Hint:* Flipping pancakes while cooking.

**Syrup**
Pull the extended right index finger from left to right under the nose, palm facing down.
*Hint:* Wiping syrup from the lips.

**Gravy, Grease, Greasy, Oil**
Grasp the little-finger side of the open left hand, palm angled right, with the thumb and middle finger of the right hand. Pull the right hand down with a double movement, pinching the middle finger and thumb together each time.
*Hint:* Grease dripping from meat.

**Butter**
Pull the fingertips of the right "u" hand upward on the heel of the open left hand with a double movement bending the right fingers each time.
*Hint:* Spreading butter on bread.

**French Fries**
Move the right "f" hand downward with a short movement in front of the right side of the body. Repeat slightly to the right.
*Hint:* Abbreviation "f-f."

**Soup /cereal**
Bring the right "n" finger, palm facing up, across the palm of the open left hand, palm facing up in front of the chest, upward in a repeated circular movement toward the mouth.
*Hint:* Eating soup from a held bowl.
**Drinks**

**DRINK, BEVERAGE**
With the thumb of the right "c" hand at the mouth, palm facing left, tip the right fingers upward toward the nose.  
*Hint:* Mime taking a drink.

**WATER**
Tap the index-finger side of the right "w" hand, palm facing left, on the chin with a double movement.  
*Hint:* Initialized sign from near where one drinks water.

**MILK**
Beginning with the right "c" hand in front of the right side of the body, palm facing left, open and close the hand into an "s" with a repeated movement.  
*Hint:* Milking a cow.

**CREAM**
Bring the little-finger side of the right "c" hand from the fingers to the heel of the open left hand, palm facing up in front of the chest.  
*Hint:* Skimming cream from the top of milk.

**COFFEE**
Rub the little-finger side of the right "s" hand on the index-finger side of the left "s" hand, in small circles going opposite directions.  
*Hint:* Grinding coffee beans.

**TEA**
Move the fingertips of the right "o" hand with a little shaking movement inside the index-finger side of the left "o" hand held in front of the chest, palm facing in.  
*Hint:* Dipping a tea bag in a cup.
DESSERT
Tap the middle fingers of both "d" hands together with a double movement in front of the chest, palms facing each other.
Hint: Initialized sign.

SUGAR, SWEET
Brush the fingertips of the open right hand, palm facing in, downward on the chin with a double movement, bending the fingers back toward the palm each time.

CAKE
Bring the fingertips of the right "c" hand across the palm of the open left hand held in front of the chest, palm facing up. Twist the right wrist and repeat at a different angle on the left palm.
Hint: Initialized sign representing cutting a piece of cake.

PIE
Slide the little-finger side of the open right hand across the palm of the open left hand held in front of the chest, palm facing up. Twist the right wrist and repeat at a different angle on the left palm.
Hint: Slicing a pie.

COOKIE, BISCUIT
Touch the fingertips of the right "claw" hand on the palm of the open left hand, palm facing up. Twist both hands in opposite directions and touch again.
Hint: Cutting cookies with a cookie cutter.

ICE CREAM
Bring the right "s" hand, palm facing left, downward in front of the mouth with a repeated movement.
Hint: Licking an ice cream cone.
Fruits and Vegetables

VEGETABLE
Beginning with the index finger of the right "v" hand, palm facing left, touching the right side of the chin, twist the wrist to touch the right middle finger to the left side of the chin, ending with the palm facing right.
Hint: Initialized sign.

CORN, CORN-ON-THE-COB, EAT CORN
With both "s" hands near each side of the face, both palms facing down and elbows extended, twist the wrists forward with a double movement, turning the palms back each time.
Hint: Eating corn-on-the-cob.

PEAS
Move the index fingertip of the right "x" hand along the length of the extended left index finger with a repeated movement.
Hint: Pointing to the individual peas in a pod.

BEANS
Beginning with the extended fingers of both "g" hands touching in front of the chest, palms facing each other, bring the hands apart with a double movement, closing the fingers to the thumbs each time.
Hint: Fingers follow the shape of a bean.

CABBAGE, LETTUCE
Tap the heel of the curved right hand, palm angled up, against the right side of the forehead with a double movement.
Hint: Indicates a head of cabbage or lettuce.

SALAD
Beginning with both "v" hands in front of the body, palms facing up and fingers pointing toward each other, move the hands toward each other and upward with a repeated movement. Note: Hands may be "claw" hands instead.
Hint: Initialized sign for "vegetable" mime tossing a salad.
FRUIT
Twist the fingertips of the right "I" hand downward with a double movement on the right cheek.
Hint: Initialized sign.

APPLE
Twist the palm side of the right "a" hand downward with a double movement on the right side of the chin.
Hint: Initialized sign showing chewing an apple in the cheek.

PEACH
Open the fingertips of the right "5" hand, palm facing in, downward on the right cheek with a double movement, closing the fingers to the thumb each time.
Hint: Feeling peach fuzz.

LEMON
Tap the thumb of the right "l" hand to the chin with a double movement, palm facing left.
Hint: Initialized sign.

GRAPE
Touch the fingertips of the right "claw" hand on the back of the bent left hand in a couple of places as the right hand moves back toward the chest from the left knuckles to the wrist, both palms facing down.
Hint: Shows a bunch of grapes.

BANANA
Move the fingers of the right bent hand, palm facing forward, down the thumb side of the extended left index finger pointing up in front of the chest, palm facing right. Then turn the right hand, palm facing left, and repeat.
Hint: Mime peeling a banana.