

# EATING SKILLS: USING SALT AND PEPPER

- Salt weighs more than an equivalent amount of pepper.
- Salt has a different sound when shaken because the textures of salt and pepper are different. Salt sounds "looser" and more granular than pepper.
- Use different-shaped shakers for each, or place a rubber band around one.

## To control the flow of salt:

- Shake some into your palm and explore the amount with your pinky finger.
- Pour some into your palm and pinch out small amounts.
- Extend your hand over your plate with your palm down and your fingers spread, while you shake the salt over your spread-out fingers.

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