

# Favorite food

Food & Diet



Spaghetti plays always as an important role in Italian culture and marks the beauty of food's combination. It is therefore enjoyed by many people around the world and considered progressively as our main dinner. In fact, we just get a small problem: our way of eating spaghetti can make everything dirty, like little children, huh? How can we solve it definitively? – It is, according to me, very easy to answer this question, as simple as kissing our boyfriend or girlfriend. Don't ask me why I am so confident/ so sure about that, just because my sweetheart teaches me day by day, or may be second by second.

In general, you should follow four steps below to eat spaghetti; don't worry excessively, breathe in, breathe out, 1-2-3 go: 1. Hold your fork correctly, scoop up a small amount of noodles on your fork and raise it about 12 inches above your plate. Don't take too much spaghetti or you will end up with too big a bite. 2. Put the tines of the fork at an edge of the plate that is free of food. Quickly point the tines of the fork straight down toward the plate and place the points on the plate. 3. Twirl the fork to gather the noodles around the tines.

With a quick scooping movement, gather up the roll around the tines and place in your mouth. 4. Gently gather up any stray noodle ends that don't make it all the way into your mouth. Stain-free spaghetti eating! Moreover, you had better to focus attention on avoiding some common mistakes, which can lead you to become a stupid clown with everyone. Learn by heart these admonitions: don't slurp (absolutely no sounds of any kind), don't overload too much pasta on the fork and never cut the threads of pasta with the knife

or the fork (spaghetti is sold in the right length, about 10 -inches long, and that is just the right size).

In addition, spaghetti can sometimes splatter the sauce; so be careful, but don't wear a napkin as a bib unless you are a small kid. Short pasta (rigatoni, penne, etc) are much easier to serve and to eat, stay then at home in case of spaghetti for large or formal parties. Many American also knew “ Scarpetta” (meaning " little shoe"), this term expresses that when eating pasta sauce, it is so delicious if every little bit should be wiped out of the dinner plate with a piece of fresh bread. A formal dinner usually forces you to avoid Scarpetta because of its improper quality.

If you are in an informal setting instead, compliment the cook and ask your guests for permission to make a Scarpetta. They will all agree with you with a big smile. On the other hand, you wouldn't think that there would be a controversy about how to eat spaghetti. But, some are of the opinion that a spoon should not be used. Three chefs of well-known Italian restaurants felt that " spoons are for children, amateurs and people with bad table manners in general" (Claiborne: The New York Times, 1982).

Even worse, spoon can bring terrible accident to you, for example a 27-year-old Austrian woman was rushed to the hospital after swallowing a spoon while eating spaghetti. The freak event happened while she was engaged in a comic conversation at dinner. She laughed so hard then she accidentally swallowed the 6-inch spoon, which got stuck in her esophagus and reached as far as the top of her stomach. The Canterbury Hospital must spend 90-minute procedure in removing it (Sunday Telegraph).

Nevertheless, some people point out that spoons were placed with pasta to help toss the pasta with sauce and cheese. Or, if the sauce was very liquid, then a spoon might be used in order to not splatter. Thus, in my opinion, eating spaghetti is not too complex neither difficult. You just need to enjoy it like your honey's lips: so sweet and wonderful. Spaghetti offers to adult delicious dishes but with children, it develops a lot their imagination. According to them, when it starts to rain, the ground gets filled with spaghetti.

It is not a crazy thinking, when children wait under a tree until the rain stops, they notice that each raindrop touches the ground and makes separate currents. They are wiggly, white, skinny, and looked sort of like...spaghetti! Children believe then that ground doesn't mind getting all wet when it rains – because the rain gives it some spaghetti to eat, and its belly gets all filled up. We will be, sometimes in life, get in awful troubles; don't be too much worried, try to think like children in order to feel more agreeable and to sort out smoothly the problems.