

TASK ANALYSIS

TASK ANALYSIS FOR USING A SPOON TO EAT

- 1 pick up spoon
- 2 hold bowl side down, resting the bottom of the handle between tips of index and middle finger while securing balance with the thumb on the topside of handle; alternatively the handle could be grasped in a fist, the bowl side remaining down
- 3 angle and press the (front or side) edge of the spoon's bowl through the surface of comestible and if necessary use this edge to separate a portion from the food object
- 4 scoop a portion into the spoon, this will involve twisting the wrist or arm so that the spoon's bowl returns to facing the dining surface
- 5 balance the contents of the spoon in its bowl and bring to mouth, the diner may find it necessary or more comfortable to lean in towards the comestible's container; some items will be easier to hold in the spoon's bowl allowing the diner to hold the spoon with its bowl facing upwards whilst balancing other items will require more care by the diner to maintain that the bowl faces downwards or risk spilling; if the spoon is being held bowl side up it may be more comfortable to grip the spoon's handle with the thumb on its topside and the first one to three fingers (index, middle and ring) wrapping around the bottom (bowl down side) of the handle at the second knuckle or exerting opposing pressure to the thumb (pinching) using the tips of the finger(s), gripping the spoon in a fist is also a possibility here
- 6 insert spoon (front edge first, bowl up or down) in mouth and slide/suck all or some of the contents onto tongue, alternatively depending of the texture and/or temperature of the comestible it may be more comfortable to slurp the contents from the spoon by placing the lips at either the front or side edge of the bowl and drawing air into the mouth