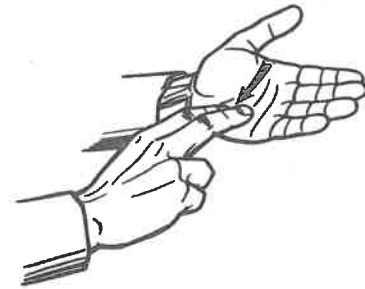


BREAD

Draw the little-finger edge of the right hand downward a few times over the back of the flat left hand, which has its palm facing the body.

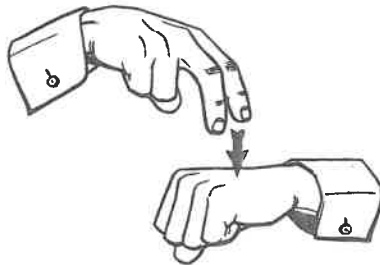
Memory aid: Symbolizes cutting slices of *bread*.



BUTTER

Quickly brush the fingertips of the right *H* hand across the left palm a few times.

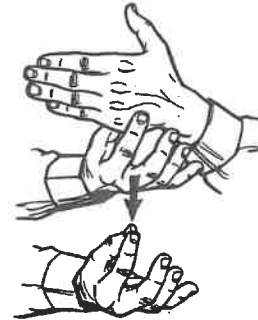
Memory aid: Suggests spreading *butter* on bread.



POTATO

Strike the tips of the right curved *V* fingers on the back of the left downturned *S* hand.

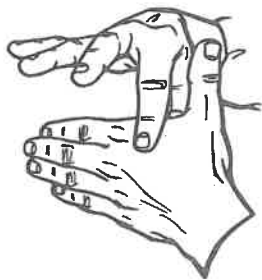
Memory aid: Suggests piercing a *potato* with a fork.



GRAVY, FAT, GREASE, OIL

Hold the left flat hand with fingers pointing right, and pinch the little-finger edge of the left hand with the right thumb and index finger. Draw the right index and thumb downward from this position a few times.

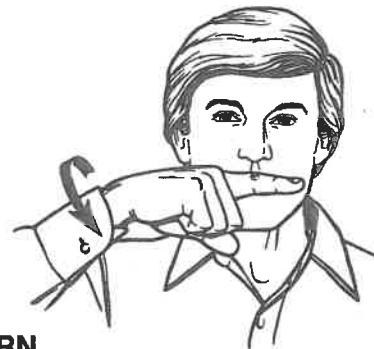
Memory aid: Suggests *gravy* or *oil* dripping.



MEAT, BEEF, FLESH

Using the right thumb and index finger, pinch the flesh of the left hand between the thumb and index finger.

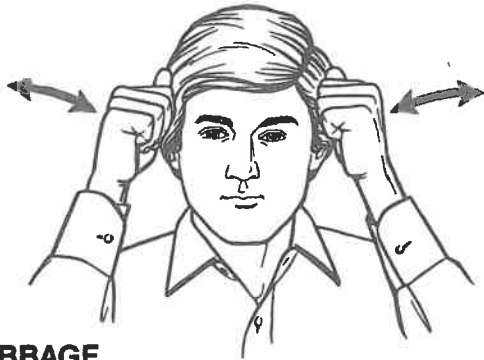
Memory aid: A *fleshy* part of the hand is indicated.



CORN

Rotate the right index finger back and forth in front of the mouth. The movement is from the wrist.

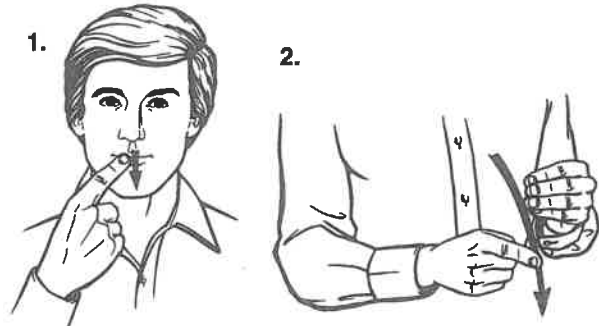
Memory aid: Suggests the action of eating an ear of *corn*.



CABBAGE

Strike both *A* (or *S*) hands simultaneously against the sides of the head.

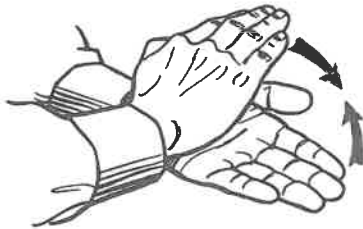
Memory aid: The emphasis on the head suggests the head shape of the *cabbage*.



TOMATO

Stroke the lips downward with the right index finger. Hold the left *and* hand with fingers pointing right; then bring the right index finger down past the fingers of the left *and* hand.

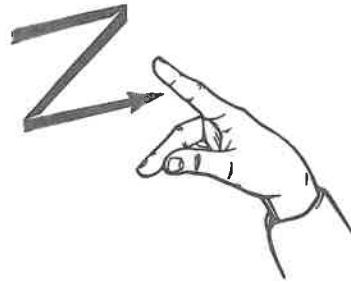
Memory aid: Suggests the red color of a *tomato* followed by the action of slicing it with a knife.



CHEESE

Place the heels of both hands together and rotate them back and forth in opposite directions.

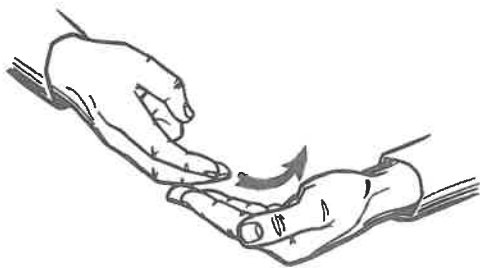
Memory aid: Suggests the action of shaping *cheese*.



PIZZA

Outline the shape of a *Z* in front of the chest with the *P* hand.

Memory aid: Emphasizes the *P* and *Zs* of *pizza*.



SOUP

Hold the left curved hand with palm facing up; then move the slightly curved right *H* fingers into the left palm and upward a few times.

Memory aid: Suggests using a spoon to eat *soup*.



CRACKER

Strike the right *S* near the left elbow.

Memory aid: Suggests an old European method of crumbling *crackers* into soup.



SPAGHETTI, STRING, THREAD, WIRE

Touch the tips of both *I* fingers; then make small spirals as both hands are drawn apart to the sides.

Memory aid: Suggests the length of *spaghetti*, *string*, or *wire*.



SANDWICH

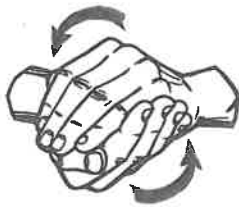
Place the fingertips of both palm-to-palm hands near the mouth.

Memory aid: The two hands suggest two slices of bread.

1.



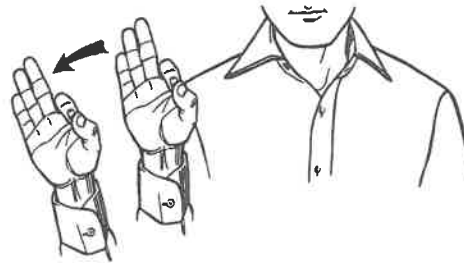
2.



HAMBURGER

Cup the right hand on top of the left cupped hand; then reverse.

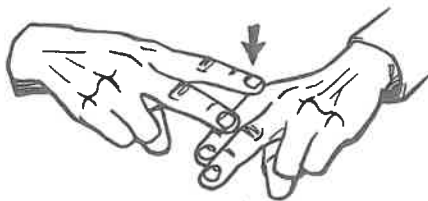
Memory aid: Suggests the shaping of *hamburger* patties.



FRENCH FRIES

Sign the right *F* hand once, then again a second time slightly to the right.

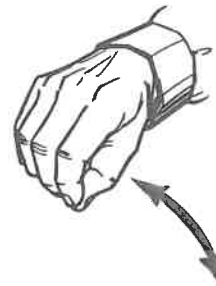
Memory aid: The two initials are used.



SALT

Tap the right *V* fingers on the left *H* fingers a few times. Sometimes each of the right *V* fingers is used alternately for the tapping movement. Some prefer the left hand also be in the *V* shape.

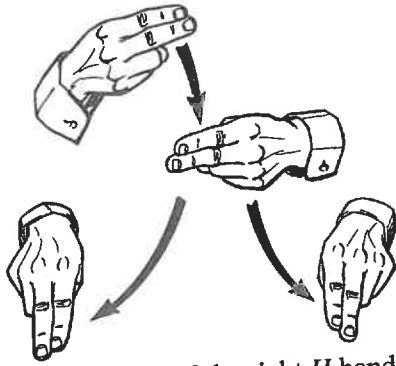
Memory aid: Suggests the old-fashioned custom of putting *salt* on a knife and tapping it to distribute the *salt*.



PEPPER

Hold the right *O* hand to the front with the *O* pointing down to the left. Shake down to the left a few times.

Memory aid: Symbolizes the use of a *pepper* shaker.



EGG

Bring the middle finger of the right *H* hand down upon the index finger of the left *H* and move both hands down and out. Most of the latter movement can be done from the wrists.

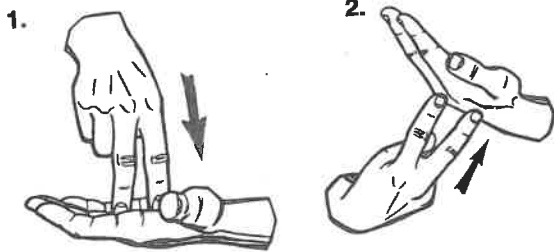
Memory aid: Suggests the action of removing an egg from its shell by breaking the shell.



BACON

Touch the fingertips of both *U* hands in front of the chest. Move both hands out sideways in opposite directions while waving the *U* fingers up and down.

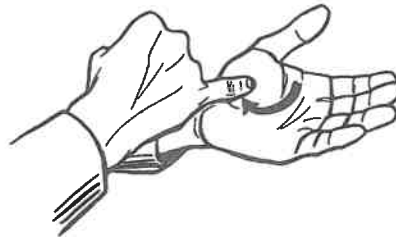
Memory aid: Suggests the wavy shape of *bacon* as it is being cooked.



TOAST

Thrust the right *V* fingers into the left palm; then into the back of the left flat hand.

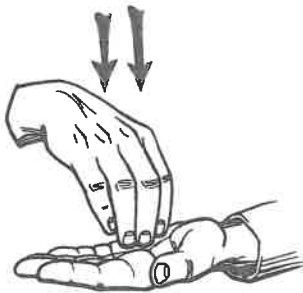
Memory aid: Suggests the old-fashioned method of using a special long fork to *toast* bread in front of a fire.



JELLY, JAM

Rub the fingertip of the right *J* across the left palm once or twice.

Memory aid: Suggests spreading *jelly* on bread.



BISCUIT

Place the right *C* thumb and fingertips into the left flat palm and raise right hand a few times.

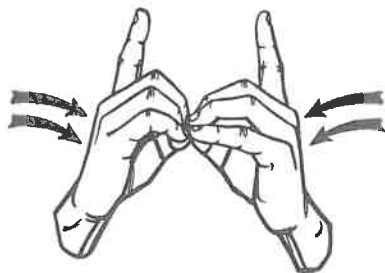
Memory aid: Suggests a *biscuit* rising.



ONION

Pivot the knuckle of the right bent index finger back and forth at the side of the right eye.

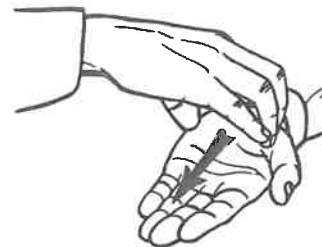
Memory aid: Suggests wiping away tears created by the odor of *onions*.



DESSERT

Bring the thumbs of both upright *D* hands together a few times.

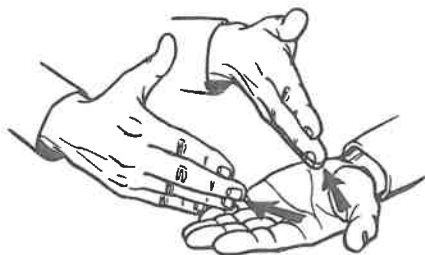
Memory aid: The *D* hands suggest the word, and the repetition can suggest the desire for something in addition to the main course.



CAKE

Move the fingertips and thumb of the right *C* hand forward across the left flat hand from wrist to fingertips.

Memory aid: Suggests sliding a piece of *cake* from a serving dish onto someone's plate.



PIE

Pull the little-finger edge of the right flat hand across the palm of the left flat hand twice. Use a different angle the second time.

Memory aid: The movement of cutting a *pie*.



ICE CREAM, LOLLIPOP

Pull the right *S* hand toward the mouth with a downward twist a few times. The tongue may also be shown.

Memory aid: The action of licking an *ice cream* cone.



SYRUP, MOLASSES

Move the right index finger across the lips from left to right.

Memory aid: Suggests wiping sticky lips.



COOKIE

Place the right *C* thumb and fingertips into the left flat palm and twist. Repeat a few times.

Memory aid: Suggests using a *cookie* cutter.



DOUGHNUT

Beginning at the lips, make a forward circle with both *R* hands.

Memory aid: Suggests the ring shape of a *doughnut*.



VANILLA

Shake the right *V* hand.

Memory aid: The *V* hand indicates the word, which requires context and simultaneous lip-reading for full comprehension.



CHOCOLATE

Make a few small circles with the thumb of the right *C* hand over the back of the left flat hand.

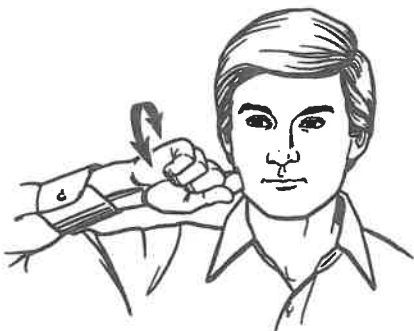
Memory aid: The *C* hand indicates the word, and the action suggests mixing *chocolate* icing.



FRUIT

Place the thumb and index fingers of the right *F* hand on the right cheek. Twist forward or backward.

Memory aid: The sign is similar to the one for *apple*.

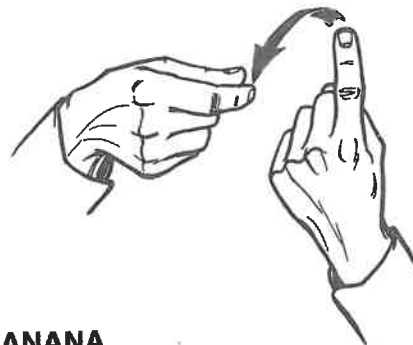


APPLE

Pivot the knuckle of the right closed index finger back and forth on the right cheek two times.

Alternative (not illustrated): The right *A* thumb is sometimes used.

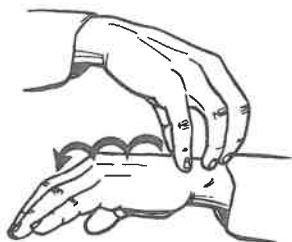
Memory aid: Can relate to the expression *Rosy red cheeks*, which reminds one of *apples*.



BANANA

Hold the left index finger up with the palm facing in; then make a few grasping downward movements around it with the fingers and thumb of the right hand.

Memory aid: Suggests peeling a *banana*.



GRAPES

Place the fingertips of the right curved hand on the back of the closed left hand. Move the right hand down on the left hand with several small hops.

Memory aid: Can suggest the number of *grapes* in a bunch.



LEMON

Hold the thumb of the right *L* hand at the lips. Assume an expression indicating sourness.

Memory aid: The initial *L* and the facial expression indicate the meaning.



PINEAPPLE

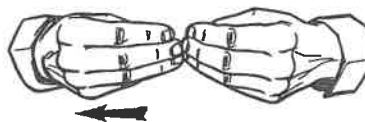
Place the middle finger of the right *P* hand on the cheek and twist forward.

Memory aid: Initialized sign for *apple*.

1.



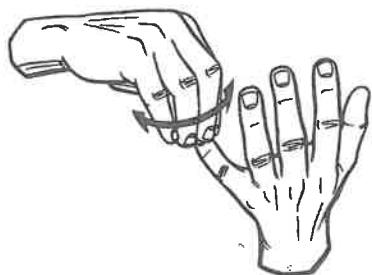
2.



PEAR

Hold the left *and* hand in front with the palm facing in. Place the right thumb and fingers over the left hand; then slide the right fingers off to the right until they also form an *and* hand.

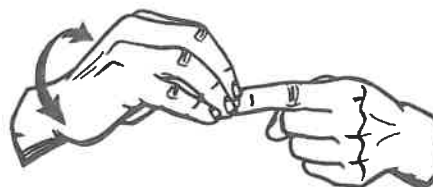
Memory aid: Suggests the broad-to-narrow shape of a *pear*.



BERRY

Make a twisting motion with the right fingers and thumb while they hold the left little finger.

Memory aid: Suggests the action of picking a *berry*.



STRAWBERRY

Grasp the left index finger with the right thumb and fingers and twist back and forth. *Alternative* (not illustrated): Pull the right closed thumb and index finger forward from the mouth.

Memory aid: The sign suggests the removal of the *strawberry* stem.



BLACKBERRY

Move the right index finger sideways across the right eyebrow. Make a twisting motion with the right fingers and thumb while they hold the left little finger.

Memory aid: The signs for *black* and *berry*.



BLUEBERRY

Move the right *B* hand to the right while shaking it from the wrist. Make a twisting motion with the right fingers and thumb while they hold the left little finger.

Memory aid: The signs for *blue* and *berry*.



PEACH

Touch the right cheek with the fingertips of the right open hand; then draw it down a short distance while simultaneously forming the *and* hand.

Memory aid: Suggests feeling a man's beard and being reminded of the fuzz on a *peach*.



WATERMELON

Flick the right middle finger on the back of the palm-down closed left hand a few times.

Memory aid: Suggests testing a *watermelon* for ripeness.



CANDY

Brush the tips of the right *U* fingers downward over the lips and chin a few times.

Memory aid: Suggests tasting something sweet.



CHEWING GUM

Place the right *V* fingertips on the right cheek and move the right hand up and down. The fingertips of the right *V* remain in place on the right cheek during this movement.

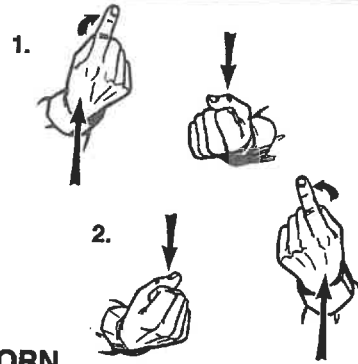
Memory aid: Suggests constant chewing.



NUTS, PEANUTS

Move the right *A* thumb forward from behind the upper teeth.

Memory aid: Suggests the use of teeth to break a *nut's* shell.



POPCORN

Hold both *S* hands in front with the palms facing up. Flick both index fingers up alternately several times.

Memory aid: Symbolizes the popping of corn kernels.



WATER

Touch the mouth with the index finger of the right *W* hand a few times.

Memory aid: The initial indicates the word, and the movement points to the location for drinking.



JUICE

At shoulder level, make a *J* two times.

Memory aid: The initialized sign suggests the meaning.



COFFEE

Make a counterclockwise circular movement with the right *S* hand over the left *S* hand.

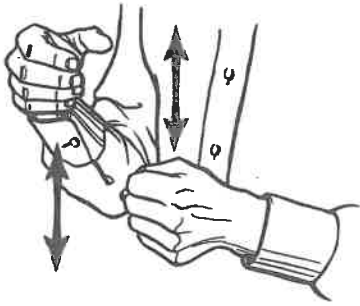
Memory aid: Symbolizes grinding *coffee* beans by hand.



TEA

Rotate the right thumb and index finger over the *O*-shape of the left hand.

Memory aid: Symbolizes stirring *tea* in a cup.



MILK

Squeeze one or both slightly open S hands with a downward motion. Do it alternately if two hands are used.

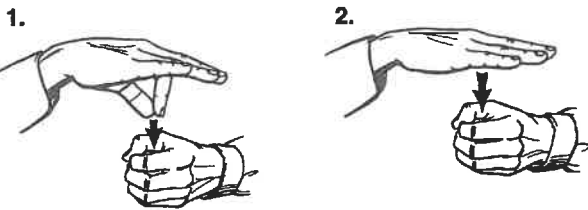
Memory aid: Symbolizes the act of *milking* a cow.



CREAM

Move the little-finger edge of the curved right hand across the left flat palm from fingertips to wrist.

Memory aid: Suggests skimming the *cream* off the top of milk.



SODA, POP, SODA WATER

Put the thumb and index finger of the right F hand into the left O hand. Open the right hand and slap the left O with it.

Memory aid: Symbolizes inserting a cork into a bottle and forcing it down.



WINE

Make a forward circular movement with the right W hand on the right cheek.

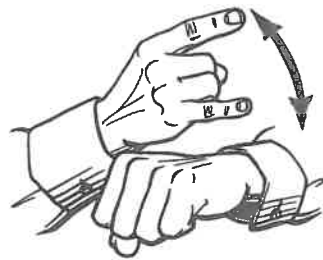
Memory aid: Symbolizes the redness of cheeks caused by drinking too much alcohol.



BEER

Draw the index-finger side of the right B hand down at the right side of the mouth.

Memory aid: The initial B suggests the word, and the downward action suggests drinking.



LIQUOR, WHISKEY

Strike the back of the closed left hand with the extended little finger of the right hand a few times while keeping the right index finger extended.

Memory aid: Suggests the size of the small glass used for a shot of *whiskey*.



SWEET, SUGAR

Brush the right fingertips downward over the lips. Sometimes this is done on the chin.

Memory aid: Suggests licking something *sweet* on the fingers.



SOUR, ACID, BITTER, TART

Place the tip of the right index finger at the corner of the mouth and twist it. It can be twisted back and forth a few times. Assume an appropriate facial expression.

Memory aid: Suggests that the lips resist something *sour* passing through them.



DRINK

Move the right C hand in a short arc toward the mouth.

Memory aid: Suggests the action of *drinking* from a glass.



THIRSTY, PARCHED

With the palm facing in, trace a downward line with the right index finger by starting under the chin and ending near the base of the neck.

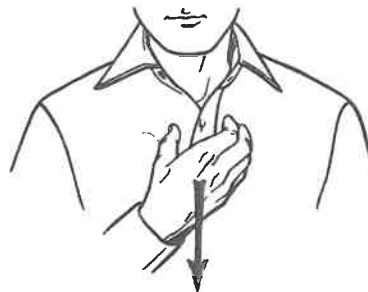
Memory aid: Suggests the direction liquid flows when swallowed.



DRUNK, INTOXICATE

Move the thumb of the right A (or Y) hand backward and downward toward the mouth.

Memory aid: Symbolizes pouring alcohol into the mouth.



HUNGRY, HUNGER, APPETITE, CRAVE, FAMINE, STARVE

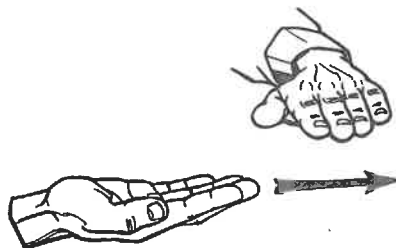
Move the thumb and fingers of the right C hand down the center of the chest from just below the throat.

Memory aid: Suggests the direction that food travels to the stomach.



EAT, CONSUME, DINE, FOOD, MEAL
The right *and* hand moves toward the mouth a few times.

Memory aid: Putting *food* into the mouth.



BAKE, OVEN

Slide the right flat (or *B*) hand under the left downturned flat hand.

Memory aid: Symbolizes placing bread in an *oven*.



COOK (verb), FRY, PANCAKE

Place first the palm side and then the back of the right flat hand on the upturned palm of the left flat hand.

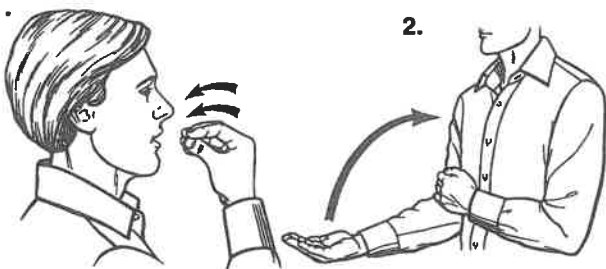
Memory aid: Suggests the turning over of food in a *frying* pan.



BOIL, COOK (verb)

Hold the horizontal left arm in front, palm down and wiggle the fingers of the right curved hand under the left palm.

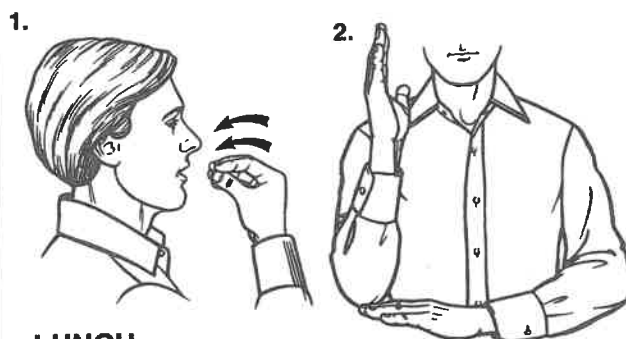
Memory aid: Suggests fire under a pan.



BREAKFAST

Move the fingers of the right closed *and* hand to the mouth a few times. Place the left flat hand into the bend of the right elbow; then raise the right forearm upward. *Note:* This sign is a combination of *eat* and *morning*.

Memory aid: The nighttime fast is broken by eating in the morning.



LUNCH

Move the fingers of the right closed *and* hand to the mouth a few times. Place the left flat hand at the outer bend of the right elbow, and raise the right forearm to an upright position with palm facing left.

Memory aid: Suggests the meal eaten when the sun is overhead.

DINNER, SUPPER
 Move the fingers of the right closed *and* hand to the mouth a few times and place the curved right hand over the back of the left flat hand. *Note:* This sign is a combination of *eat* and *night*.
Memory aid: Suggests the meal eaten when the sun has set.

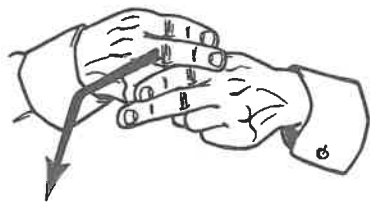
DELICIOUS
 Touch the hips with the right middle finger. Sometimes the middle finger and thumb are rubbed together a few times as the hand moves forward. This is in addition to the first part of the sign.
Memory aid: Suggests that something is tasted and approved of.

PLATE
 Make a circle with the thumbs and fingers of both hands.
Memory aid: The sign symbolizes a *plate* by its shape.

GLASS (drinking)
 Place the little-finger edge of the right C hand on the left flat palm and raise the right hand a short distance.
Memory aid: Indicates the size and shape of a *glass*.

CUP
 Put the little-finger edge of the right C hand on the left flat palm.
Memory aid: Indicates the size and shape of a *cup*.

FORK
 Move the fingers of the right V hand into the left upturned palm a few times.
Memory aid: The fingers symbolize the tines of a *fork*.



KNIFE

Move the right *H* (or index) fingers downward across the left *H* (or index) fingers several times.

Memory aid: The basic sign symbolizes an action similar to sharpening a pencil by hand, while the alternative sign suggests cutting by its action.



SPOON

Lift the right curved *H* fingers upward toward the mouth a few times from the palm of the slightly curved left hand.

Memory aid: Symbolizes use of a *spoon*.



NAPKIN

Wipe the fingertips of the right flat hand across the lips.

Memory aid: Suggests the action of wiping the mouth with a *napkin*.



GLASS (substance), CHINA, DISH, PORCELAIN

Touch the teeth with the right index finger.

Memory aid: The teeth are breakable, just like *glass*.



RESTAURANT

With the palm facing left, move the right *R* fingers from the right to the left of the mouth.

Memory aid: The initial *R* at the mouth suggests the meaning.

1.



2.



BOX

Point the fingertips of both flat hands up with the palms facing each other in front of the chest. Bend both hands with the right hand positioned over the left. Can also be done with hands in the horizontal position.

Memory aid: The hands outline the shape of a *box*.