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**Do not lick cutlery**

Yes, we understand you loved that chocolate ganache cake or that sauce in which the pasta was cooked, but do not lick your spoon or fork to show appreciation. Your tongue should be inside your mouth, especially when you are sharing a table. I would not mind licking a spoon or a fork when I am eating alone, but never in the company of others!

**Do not burp**

Excuse yourself if you have to burp; do not burp at the table. In a public place or a professional setting, this would instantly create a poor impression of you.

**Keep your arms and legs to yourself**

I have seen people who stretch their legs under the table while eating, so much so that the diner across the table cannot sit comfortably. Keep your legs to yourself when sharing a table. The same with your arms. Some people tend to stretch their arms after a good meal, do not do that; you could be annoying or causing discomfort to the diner/s sitting next to you.

**Put your phone away**

Cell phones are our biggest distraction in the modern world. When eating in the company of other people, do not call, text,



check email, or browse social media. Focus on your food and your companion/s only.

**Not a cutlery concert please**

It is poor manners to clink and clank with a spoon, fork, and knife at the table. Also, do not scrape cutlery against your teeth. The sound of a spoon scraping against teeth makes many people, including myself, lose their appetite for the day!



**Right or left hand?**

One more thing about cutlery, hold the fork in your left hand and the spoon or knife in your right hand. If you will be using only one utensil to eat, for instance, pasta or chow mein, then feel free to hold the fork in your right hand.

**Use napkins**

At a restaurant or formal event, place the

napkin on your lap before you start eating. Use your napkin (paper or cloth) to gently wipe your mouth from time to time as you enjoy your meal.

Use the napkin, if you have to cough or sneeze in the middle of your meal.

**Help clear the table**

You will not need to do this at a restaurant or in a professional setting. However, if you are invited to someone's place, offer help. At home, help your spouse or mother to help clear the table. Teach your children to do the same. You can offer help to your domestic helps as well.

During my Dhaka visits, I consciously carry my plates and bowls to the kitchen after eating. I can see in the eyes of our helping hands how much they appreciate this little gesture of kindness.

The above-mentioned pointers are some of the very basic table manners followed across cultures. The world is increasingly becoming globalised; we now travel for work and pleasure more than ever before. In such an interconnected world, where we are always meeting, drinking, and dining in the presence of known and unknown faces at home and abroad, leaving a good impression is imperative to attaining long-term success and becoming the best version of oneself.

By Wara Karim

LS Archive/ Sazzad Ibne Sayed

#FOOD & RECIPES

# BOOST YOUR MOOD NATURALLY: Foods that make you happy



Popularly known as the happy hormone, dopamine enhances feelings of well-being and pleasure. Although it has been widely acknowledged that indulging oneself or engaging in various activities can trigger a surge of dopamine, scientific findings reveal that certain food items can elicit a similar response!

**Bananas**

Everyone knows that the banana is a rich source of potassium. Science has now confirmed that eating bananas can give your brain a much-

needed dopamine boost as well. Helping with mood regulation and motivation, this delicious fruit is packed with tyrosine, a precursor to dopamine, which has been confirmed by a study published in the Journal of Neural Transmission to increase dopamine levels in the body. So, the next time you feel a little down in the dumps, reach for a delicious, ripe banana for an instant surge of happiness.

**Fish and eggs**

Protein-rich foods such as fish and eggs are great for a dopamine flush. Health



and lifestyle coach Nayma Hasan Diana encourages everyone to add protein-rich foods to their diet.

"It helps us build lean muscle and helps with better recovery. Based on research evidence, higher protein intake is associated with better cognitive performance, mood, and mental health and wellbeing," said Diana.

Fish is additionally rich in Omega-3 fatty acids which play a massive role in its dopamine receptor function.

**Avocados**

An absolute powerhouse of healthy fats, avocados significantly benefit gut

for being rich in antioxidants, dark chocolate packs quite a bit of punch with its phenylethylamine content, a compound that can enhance moods and thereby increase dopamine levels in the brain.

"It can be a good pre-workout snack, as it helps boost energy levels," mentions Diana. The delicacy is also full of flavonoids that help increase one's overall sense of well-being. So, remember, the next time a piece of your favourite dark chocolate excites you, it's not just the taste!

**Nuts and Seeds**

A source of healthy fats and other essential nutrients, nuts and seeds are more than



bacteria. In addition to that, they are anti-inflammatory and help in controlling blood sugar levels. They also contain significant amounts of folate, or vitamin B9 which aids your brain to produce — you guessed it — dopamine!

A creamy, delicious alternative to mayonnaise, avocados are literally happiness on toast.

**Dark chocolate**

Another delicious treat that is also known

just delicious additions to your salads. By adding crunch to your dish, these also add a crunch to your mood, elevating it, one spoon at a time. Go for all kinds of edible seeds such as flax, pumpkin, and chia. Serving great taste and nutritional value, they are well packed with tyrosine, consequently making you a much happier person.

By Munira Fidai

Photo: Collected