

# **ASL: Food Terms**

**Presenter: Mary McGovern**

# Breakfast



**A popular sign for "breakfast" is a combination of "EAT and MORNING."**

**Use a squished "O" hand as if stuffing a piece of food into your mouth**

***Morning* uses a palm-up flat hand (or slightly bent hand) on the dominant hand to represent the sun rising up from beneath the horizon. The non-dominant arm plays the role of the horizon. The wrist of the dominant hand contacts the non-dominant hand's fingers.**

# LUNCH



## **A compound version (EAT + NOON)**

**Use a squished "O" hand as if stuffing a piece of food into your mouth**

**Noon is done with a flat hand pointing upward and resting on the back of the non-dominant hand.**

# DINNER

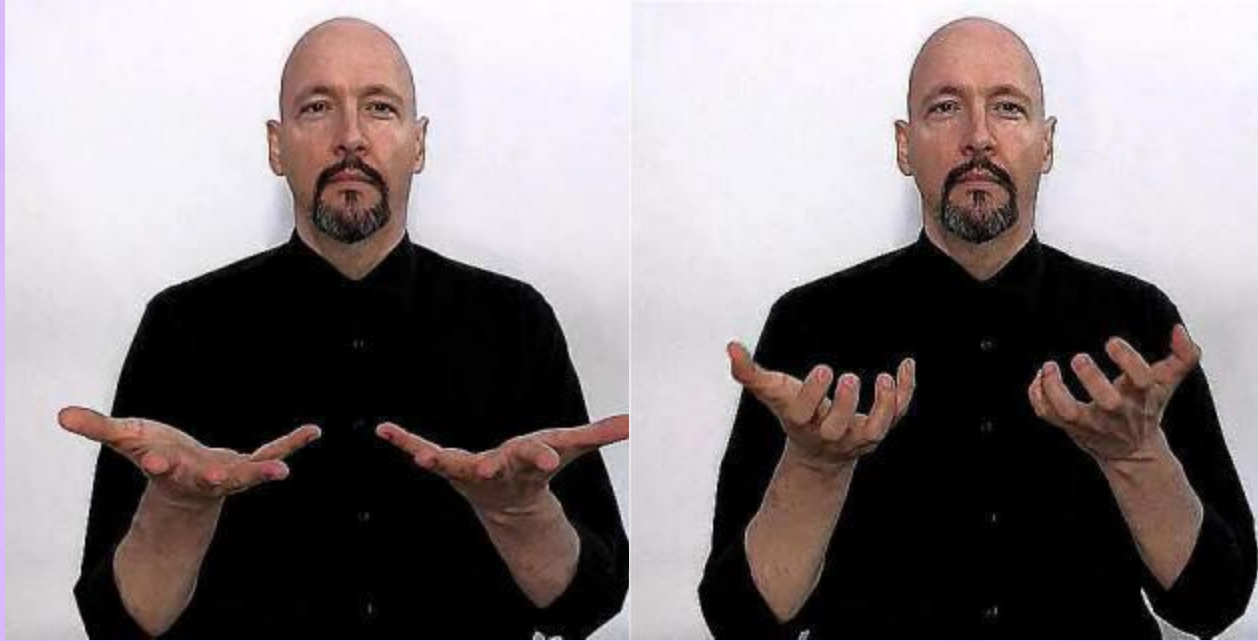


## [EAT+NIGHT]

**Use a squished "O" hand as if stuffing a piece of food into your mouth**

**The sign for "night" is made by holding your non-dominant arm horizontally, palm down, pointing to the side. (If you are right handed that means your left arm would be pointing toward the right.) Put your dominant hand's wrist on the back of your non-dominant hand, fingertips pointing down.**

# WANT



**Start with "5" hand shapes. Palms up. Flat. Bring the hands back toward you and change them into "claw" shapes.**

# THIRSTY



**To sign "thirsty" run the tip of your index finger down your throat.**

# HUNGRY



**The sign for "hungry" is made by forming your right hand into the letter "c." Move your hand down the middle of your chest. You don't actually have to touch your body but most people do – especially if they want to emphasize how hungry they are with a stronger movement.**

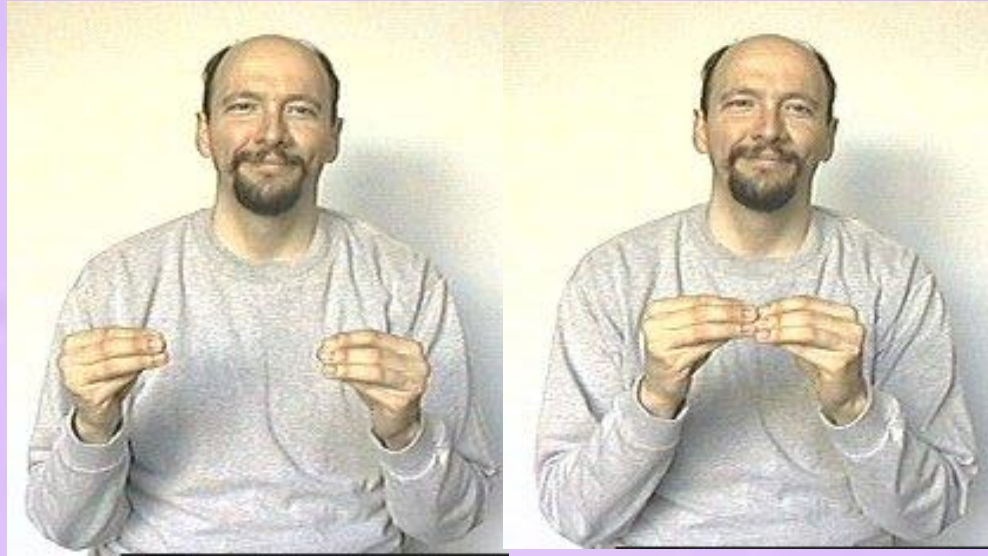
# LIKE



**Start the sign a bit out from the chest with my middle finger and thumb pointing back toward my chest (but not touching either my chest or each other). Then move the hand forward while bringing the index and thumb together.**



# MORE



**The sign for "more" uses flattened "O" hands. Bring both "O" hands together.**

# WATER



**The sign for "water" is made by forming your right hand into the letter "W." Touch the index finger to your mouth twice.**

# MILK



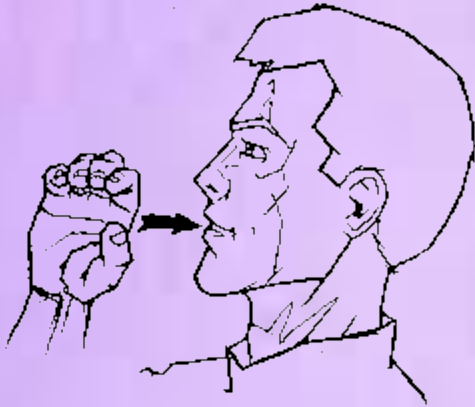
**The sign for "milk" is made by forming a "C" and closing it twice into an "S" hand.**

# POP/ Soda



**Form the left hand into an "O." Bend the middle finger of the right "spread" hand at the large knuckle and stick it (the middle finger) into the left "O." Then remove the finger and slap your right palm over the hole.**

## **DRINK or JUICE**



**You sign a "J" right in front of the mouth using a double movement**

## **COFFEE**

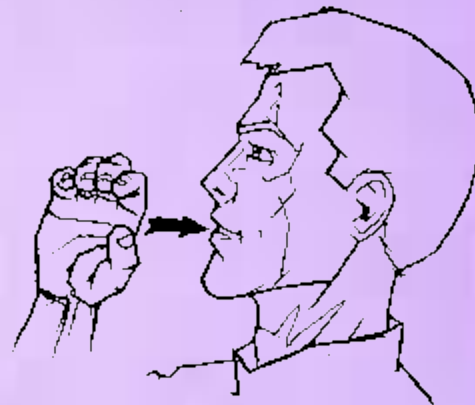


**Think of the movement of an old coffee grinder. The bottom hand stays still while the top hand turns the crank.**

# TEA



# DRINK



**To sign "tea," use an "F" hand shape on your dominant hand and a "C" (or an "O") hand shape on your non-dominant hand**

**The sign for "drink" is made by forming your right hand into the letter "C." Move the hand to your mouth in a short arc**

# APPLE



**The sign for "apple" is made by closing your hand and placing the knuckle of your right index finger against your cheek. At the same time, pivot the hand back and forth.**

# AVOCADO



**You cup your left hand (if you are right handed) as if holding an avocado) and then you form your right hand into an "A" hand shape. Then you pretend your thumb (on the "A" hand) is a knife and you slice the "pit" from the "avocado."**

**BANANA**



**Show the  
peeling  
of a  
banana**

**BERRY**



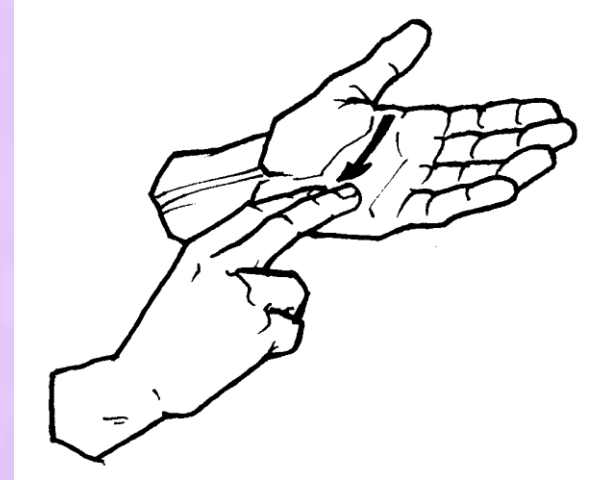
**This sign is the general sign for "strawberry." But it can be used to mean "berries" in general. Generally, if it is done one the pinkie it means "cherries."**

# BREAD



**Pretend your left hand is a loaf of bread. Use the right hand fingertips to slice the loaf a couple times.**

# BUTTER



**Form and H. Pull the fingertips of your index and middle fingers across the palm of your non-dominant hand. Use a double movement.**

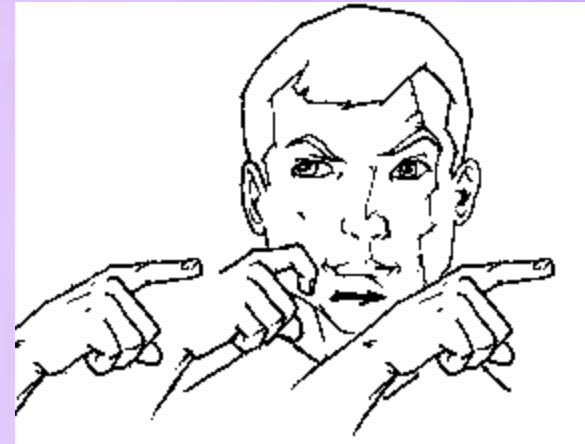


# CANDY



**To do the sign for "candy" twist the tip of your index finger on your cheek**

# CEREAL



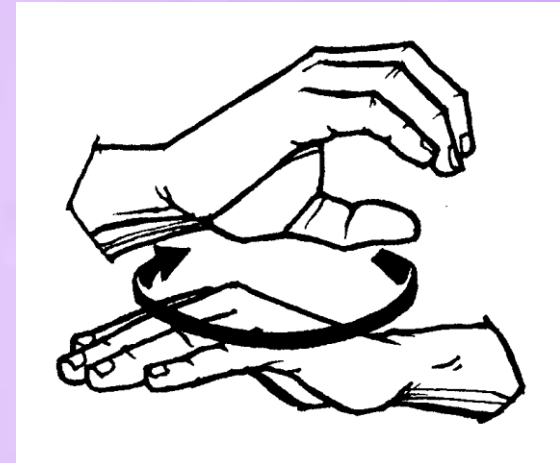
**The sign for "cereal" is made by placing your right index finger – palm down – at the right corner of your mouth. (If you are right handed). While moving your hand to the left corner of your mouth, change the hand shape into an "x." Alternate between the straight index finger and the letter "x" a couple of times. Remember, the movement is from right to left**

# CHEESE



**The sign for "cheese" is made by bringing both hands together. Rotate your right hand (or your dominant hand) back and forth. The left hand doesn't move.**

# CHOCOLATE



**The left hand can be either in a "loose" hand shape or in a fist. Some people use a "flat" hand. The important point to remember is that the left hand (non-dominant hand) is palm down. The right hand thumb rests on the back of the left hand. The right hand makes two circles.**

# Cookie



**The right (or dominant) hand is in a loose "C" hand shape. You bring the right hand down onto the left hand, then you lift up the right hand rotate it and bring it down again on the left hand. Twist your right hand as if cutting out cookies from cookie dough.**

# Corn



**A very common way to sign "corn" is to use your index finger to represent an "ear of corn." Hold it near your mouth and twist it forward twice.**

# CUPCAKE



**Sign gets drops any double movement of the individual signs.**

# DESSERT

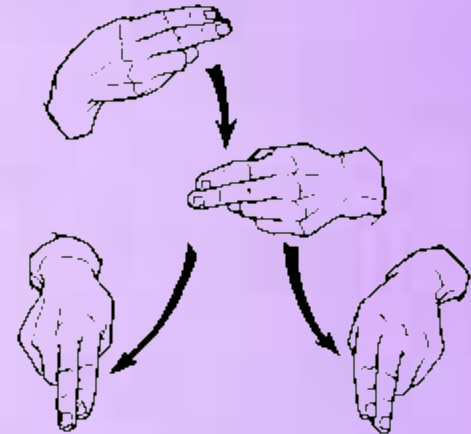
**The sign for DESSERT holds two "D" hands in front of you. The hands are horizontal, the index fingers pointing forward. Start with the hands about 3 inches apart. Bring the "D's" together so and tap the bellies of the D's twice.**

# DONUT



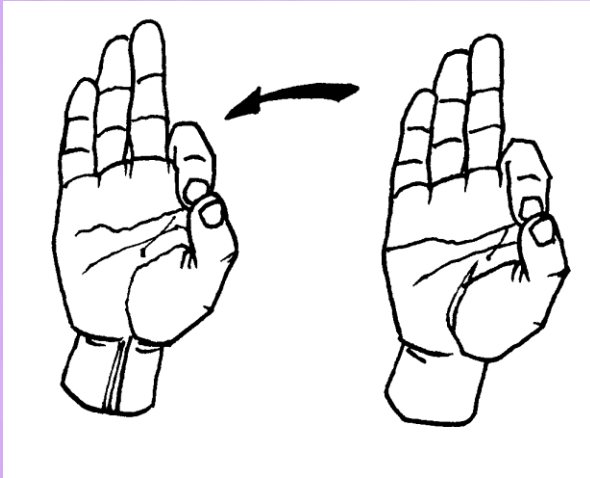
**Use a modified "C" hand consisting of the index finger and thumb as if holding a donut. Bring it back toward you and touch your cheeks near the corners of your mouth, then repeat the movement.**

# EGG



**The sign for "egg" is made by forming both hands into the letter "h." In one smooth movement, bring the middle finger side of your dominant "h" hand down on top of the index finger side of your non-dominant "h" hand. Move both hands down and out as if breaking apart an "egg."**

# French Fries



**The movement is sort of like popping two balloons with a needle.**

# FRUIT



**To sign "fruit" touch the tips of the index finger and thumb of an "F"-hand to your cheek. Twist the "F"-hand on your cheek twice. Maintain contact for the whole sign.**

# GARLIC



**The sign "garlic" is done on the side of the nose. It is done as if signing "[bored](#)" but use the knuckle of an "X" hand shape**

# GRAIN or PEAS



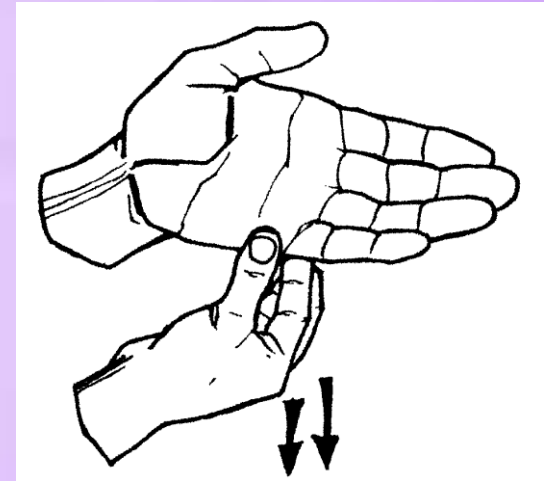
**The sign for grain uses a "G" hand shape on the dominant hand to show small bits of grain as if lined up on the index finger of the non-dominant hand. This also happens to be the sign for peas.**

# GRAPES



**The right hand makes contact, then lifts off and moves an inch or two then makes contact again.**

# Gravy / Grease

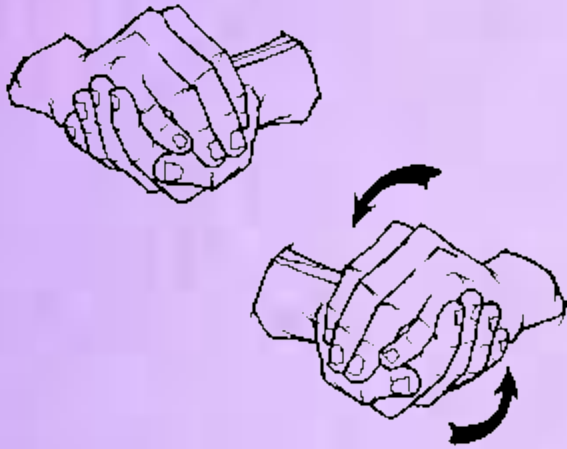


**The dominant hand moves downward. The index and thumb come together. Repeat. The base hand stays put.**



# HAMBURGER

# HOTDOG/Sausage/Bologna



**The sign for "hamburger" is made by cupping your right hand on top of your left hand. Now reverse the position of both hands.**



**The sign for "hotdog" is made by forming both hands into the letter "C." While moving your hands out to the side, change the hand shapes to the letter "S" back to a "C" and to an "S" again.**

# ICE-CREAM



**To sign "ice-cream" hold an "S" hand in front of your mouth and move it downward twice as if you were licking an ice-cream cone.**

# LEMON



**The movement is in the WRIST not in the knuckle. If you do the movement in the knuckle it tends to look like a version of the sign for WHO. Also It helps if you pucker up a bit while signing this**

# MARSHMALLOW



**Squeeze a  
marshmallow.**

# MEAT



**Grab the fleshy part of your left hand with the index finger and thumb of your right hand. The left hand doesn't move. The right hand wiggles a bit as if getting a good grip on the meat. This sign means "meat" in general, but in context it can be used for "steak" or "flesh."**

# PANCAKE



**This sign is looks like you are flipping a pancake.**

# PEACH



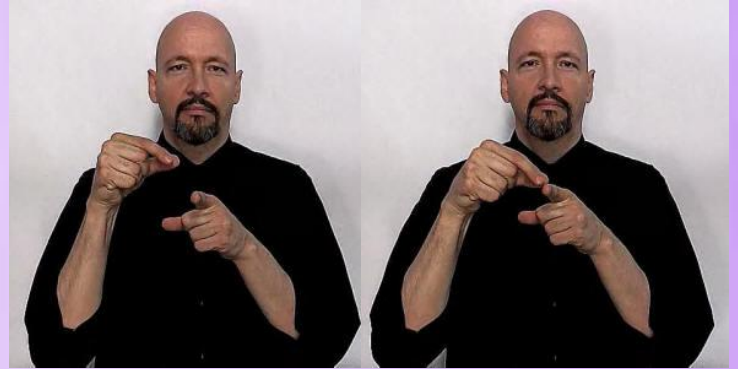
**Start with the fingers spread a bit. Touch the tips of the fingers to your cheek and then draw the tips of the fingers together on the cheek and move the hand and fingertips a very small bit away from the cheek, and then repeat the movement. The movement is all very light and quick.**

# PEAR



**For the sign "pear," you hold the non-dominant hand in a flattened "O"-hand shape. You place the fingers and thumb of the dominant hand around the non-dominant hand and then slide the dominant hand off to the side. (The non-dominant hand doesn't move.) Repeat.**

# PEAS



**The sign for "peas" uses a "G" hand shape on the dominant hand. Touch the side of the index finger on the non-dominant hand twice. Move it a little bit forward the second time**

# Pepperoni



**Use "F" hands to show the pepperoni while holding up the base hand to represent the pizza crust – as if showing where the pieces of pepperoni would be on a pizza.**

# PIE



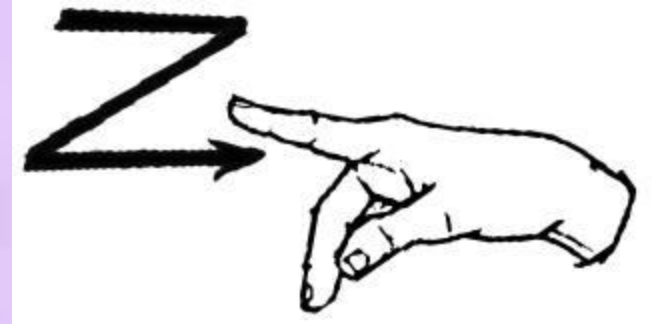
**To sign "pie" show the slicing of a pie. Make two slices in an imaginary pie on the palm of your non-dominant hand. The cuts should form a wedge of pie.**

# PINEAPPLE



**Use the "F" hand  
near the "eye"  
version.  
Use a double  
movement**

# Pizza



**You use a "P" hand  
shape to draw a "Z" in  
the air. The tip of the  
index finger is  
pointing toward the  
person to whom you  
are signing.**

# POPCORN



**The sign for "popcorn" uses modified "X" hands. You put the thumbnail of the index finger on the pad of the thumb and then you move your hand upward and flick the index finger as if it were a kernel of corn "popping." First one hand and then the next.**

# Pretzel



**The sign for "pretzel" uses "R" hand shapes to draw the shape of a pretzel in the air.**



# SANDWICH

# SALAD



**Picture yourself  
tossing a salad.**



**Your dominant hand is flat and represents some kind of meat or "sandwich filling." Your non-dominant hand is bent at the large knuckles and the thumb is extended forward. The non-dominant hand represents a couple of slices of bread and looks as if it is holding a sandwich. Place the meat between the two slices of bread (put your dominant hand between the thumb and fingers of your non-dominant hand) and bring the "sandwich" up to your mouth.**

# SOUP



**Use a double motion and hold your hands up near your mouth. The dominant hand represents a spoon. The non-dominant represents a bowl.**

# SPAGHETTI



# Toast



**Pretend you are cooking toast over a fire by sticking a fork into a piece of bread to hold it up to the fire then when that side is done, you stick the fork into the other side.**

**Your right hand is a "V" hand shape throughout this whole sign. The left hand is a "flat-hand."**

# VEGETABLES



**I just stick the tip of the index finger of a "V" hand shape on my cheek and twist my hand twice. The "V" pivots on the tip of the index finger. The middle finger isn't touching the face.**