

Task: Practicing tray use and carrying glasses

Objective: The student can use a tray and carry glasses professionally and safely.

Purpose:

- Practice handling the tray and glasses to ensure the glasses remain balanced and secure on the tray during service.
- Develop serving skills to carry and collect glasses from the table smoothly and without accidents.

Tehtävä: Practicing tray use and carrying glasses

Use the images below to assist with your practice.



Preparations:

Take the tray in your left hand.

Place your hand so that your palm is open and in the middle underneath the tray.



Practice:

Place 4 empty wine glasses on the tray and practice carrying them. Keep the tray balanced.

Posture and movements:

Keep your shoulders relaxed.

Keep your left elbow away from your side.



Fill the glasses halfway with water
and practice carrying them again.

Keep the tray balanced.

Carrying and collecting glasses: Practice taking the glasses to the table.

Practice collecting the glasses back onto the tray.