



Fact File

My guidance for attempting to break the world record for the Most jelly eaten with chopsticks in one minute

It is very obvious to me that first, I need to be able to eat at least something with a pair of chopsticks. If, for instance, I was hopeless at using chopsticks, I simply wouldn't be able to consider this. Would I? So, run off and get yourself some chopsticks. Can you play with them in a similar way to how one would manipulate castanets? Then, feel good about yourself because that is the sort of skill you'll need.

To start, gear up for a few rules, such as:

- use standard chopsticks.
- use one hand.

I always think it is a good idea to practise. Even a simple world record attempt can go wrong so be aware and come prepared. If you have an idea of the possibilities, you will cope so much better.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.