

HOW TO EAT AN OREO

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[Assignment: Write an essay in which you explain how to do something you know well. Your audience is someone without your expertise. Try to incorporate description, narrative, and classification techniques when appropriate.]

I sit for a moment longer and glare at the pudgy man on the park bench. He reaches for the last cookie in the plastic baggy and shoves the entire thing into his mouth. He then washes it down with a mouthful of what appears to be Mountain Dew. I want to stand up and shout across to the other side of the sidewalk, "What in the world do you think your doing? Don't do it that way! Haven't you ever done this before? I just cannot believe you are eating it like that! If you insist on eating an OREO, just do it the correct way!" I manage to restrain myself from verbally expressing my frustration and quietly get up and leave my shady spot under the tree.

There is always a correct way and an incorrect way of doing things. Sometimes you can get by in life by taking shortcuts or doing things half-right, but there are some things that have to be done the correct way or they are just not worth doing. One of these things is eating an OREO cookie. I don't know what it is, but it seems like every American youngster, teenager, and adult knows the right way to eat an OREO. It's almost like an innate instinct. You don't even have to call an OREO a cookie because there is just a national understanding of the word "OREO."

It is not uncommon that I, being an American teenager, have mastered the art of eating an OREO. It really is quite a simple process that can be practiced until it is mastered or until your stomach cannot endure anymore. The best time to eat an OREO is late at night just before you go to bed; that way you will be guaranteed time to eat them without being interrupted. You must have a handful of OREOs within reach because it is impossible to eat just one; a tall glass of cold milk is also a necessity.

The first step is to gently twist the two halves of the OREO apart. This is the best part of the process other than eating it, but it is also the most difficult to master. If you are really good at it, when you twist the two halves of the cookie apart, you will get all the cream inside on only one half of the cookie.

The next step is to lick the cream off the cookie itself. If you are really a serious OREO eater you will purchase Double Stuff OREOs, because they have twice as much cream between them. The type purchased is really just based on personal preference. Now after you make sure all the cream is gone, gently put the cookie back together, but be careful not to break it in the process. At this time the glass of milk gets to play its role in the whole ordeal. Once your OREO is put back together, it is time to dunk it in the cold glass of milk. This is when an OREO eater can get a little creative and originate her own style of OREO dunking. I personally prefer to quickly dunk the OREO so that it does not crumble into the glass of milk.

Finally, the moment of truth has arrived; the time has come to actually eat the OREO and savor its delectable flavor. After you have successfully eaten your first OREO, reach for another one, just to ensure that you are eating it in the correct way.

As I said before, there are some things in life that you cannot take shortcuts with. No matter how much of a hurry you may be in, please do not give in to the pressure of just biting into that OREO. Trust me, it is just not the same; the best things in life take time. One more thing. Remember that practice makes perfect.