



Skillset 1

Introduction to Knife Skills

Lesson Overview

Students will learn safe knife handling skills to cook with fruits and vegetables.

Preparation

Provide 2-3 types of fruits and veggies for students to practice their knife skills. Rinse all produce.

Talking Points

- Today we are going to learn about knife skills and how to cut produce.
- Using a knife is a big responsibility! Everyone is going to learn how to hold and cut with it properly. At home, make sure you ask an adult before you use anything sharp. Knives are NOT toys - they can be very dangerous.
- Number one rule: To use a knife, you must practice knife safety. You are being safe when you keep the knife on the cutting board, and when you keep the knife down and away from other people.

Activity

- There are two ways you could hold a knife. You can hold it by the handle or you can place your thumb and index finger on the sides of the blade near the handle. The second way will give you more control over the knife.
- How to hold the produce when cutting! CLAW AND TUNNEL
- Hold your fruit or vegetable to keep it from rolling by using the hand that is not holding the knife.
- CLAW: Curl your fingers inward and put your knuckles against the flat side of the knife blade to avoid cutting your fingers.
- TUNNEL: You can create a tunnel on top of the produce, and cut by sliding the knife inside the tunnel beneath your hand. This method is best when cutting round produce like an orange or an onion.

Discussion & Wrap Up Questions

- What did you learn today?
- How were you a food adventurer?
- Did you taste any of the foods you cut with the knife? What did you think? Show me with your thumbs!
- What are some words you could use to describe how it tastes, smells, sounds, or feels?

Vocabulary Words

Claw

A way of cutting with a knife by curling your fingers inward with your knuckles against the flat side of the knife blade.

Tunnel

A way of cutting with a knife by creating a tunnel on top of the produce and sliding the knife beneath your hand.