

KNIFE SAFETY

Materials

- Variety of knives (e.g., bread, paring, chef's)
- Cutting board
- Cucumber (can use other fruit or vegetable as available)
- Damp cloth or paper towel

Directions

1. Show the different types of knives

- Look at the shape of the blades
- Show the sharp edge vs. the top edge
- Discuss what each type of knife is used for
 - » Paring knife for detailed tasks (e.g., taking the tops off strawberries, coring tomatoes)
 - » Chef's knife for most kitchen tasks (e.g., dicing onion, slicing meat)
 - » Bread knife for slicing bread

2. Discuss carrying of knives

- Always point the blade to the ground
- Walk slowly
- Give warning to others that a sharp knife is coming through

3. Discuss storing of knives

- Never leave a knife near the edge of a counter where it could be knocked off
- When not in use, leave knives at the top of the cutting board
- Always store knives in a protective sleeve or with the sharp end of the blade facing down in a drawer or knife block

4. Discuss washing of knives

- Never leave knives in a sink of soapy water; place beside the sink away from the edge of the counter where they can be seen
- Wash with the sharp edge away from your hand
- Start from the bottom of the knife and slide up, then start at the bottom again
- Dry a knife the same way that you wash it (see above)

5. Discuss cutting techniques with different knives

- Sawing motion with a serrated knife
- Straight down motion to slice and dice
- Rocking motion to mince
- Bridge and claw techniques to keep hands and fingers safe

6. Cutting demonstration

- Show demonstration of using the bridge and claw technique with a cucumber
- Place a wet cloth/paper towel under board to prevent board from moving



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