

Learning Aid: Knife Skills Kit

Recommended Lesson: *Lesson 3: Knife Cuts*

Required Materials:

- *Knife Cuts* slide presentation (printed out)
- Knife Skills Kit
- Knives
- *Knife Cuts Practice Sheet*
- *Knife Skills Post-Assessment*
- *Knife Skills Post-Assessment – Answer Key*

Steps:

FOCUS:

1. Read over the *Knife Kits* slide presentation, taking notes on things you find interesting. Pay attention to how you safely hold a knife and what classic knife cuts culinary professionals need to know.

LEARN:

1. Have one of each of the following items from the kit in front of you:
 - a. Cutting board
 - b. Culinary Cuts Ruler
 - c. Knife Cuts 3D Visual Model set
 - d. Finger Guards
 - e. Modeling clay
2. Use the *Knife Cuts Practice Sheet* as a guide and the Knife Cuts 3D Visual Model set for visual reference. Practice each of the cuts using the modeling clay. Make sure to have the finger guard on for safety.
3. As you create one sample of each cut, set it on the *Knife Cuts Practice Sheet* in the space provided.

REVIEW:

1. Complete the *Knife Skills Post-Assessment* to see what you have learned in this brief lesson.
2. Using the *Post-Assessment – Answer Key*, self-grade your assessment to see what you have learned.