

Culinary Knife Skills Curriculum



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2709 Mondovi Road
Eau Claire, WI 54701 USA
800.830.1416
+1.715.830.2040
www.realityworks.com

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Culinary Knife Skills Curriculum

The Knife Skills Kit is a resource for teaching participants basic knife safety and handling techniques, along with the basic knife cuts used in culinary applications through a variety of presentations and activities.

Curriculum Structure

The *Culinary Knife Skills* curriculum is composed of the following lessons. Approximate lesson times are included.

Lesson	Title	Approximate Time
One	Safe Handling and Storage of Knives	45-60 minutes
Two	The Anatomy of Knives	45-60 minutes
Three	Knife Cuts	60-90 minutes
	Total	2.5-3.5 hours

The lessons are listed in the most appropriate order to present. If you choose to skip a lesson, simply move on to the next one; however, be aware that the pre-test and post-summative assessments cover the information presented in all lessons.

Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives, and a Lesson at a Glance table which lists the lesson activities, materials required, suggested preparation steps, and approximate class time.

Lesson Sections

The actual lesson follows the overview, which will contain some of the sections described below. Most lessons are designed to be completed within 45 minutes.

FOCUS

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a review of previous lesson information, or a demonstration. During this activity, participants are introduced to the topic of the lesson.

LEARN

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

REVIEW

The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson One – Safe Handling and Storage of Knives

Lesson Overview

Knives are important culinary tools that are used frequently in preparing food. This lesson will help participants understand the safe and efficient use of knives in the home or in commercial kitchens.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand how to properly and efficiently use knives
- Understand how to safely care for and store knives
- Understand the importance of safe use of knives to prevent injury

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• <i>Safe Handling and Storage of Knives Introductory Activity</i> • <i>Safe Handling and Storage of Knives Introductory Activity – Answer Key</i>	1. Print/photocopy <i>Safe Handling and Storage of Knives Introductory Activity</i> (one per participant)	15-20 minutes
LEARN	• <i>Safe Handling and Storage of Knives</i> slide presentation • <i>Safe Handling and Storage of Knives Note Sheet</i> • <i>Safe Handling and Storage of Knives Note Sheet – Answer Key</i>	1. Print/photocopy <i>Safe handling and storage notes</i> (one per participant) 2. Prepare <i>Safe Handling and Storage of Knives</i> slide presentation for viewing	10-15 minutes
REVIEW	• <i>Safe Handling and Storage of Knives Introductory Activity</i> (completed in FOCUS) • <i>Safe Handling and Storage of Knives Introductory Activity – Answer Key</i>	1. Have <i>Safe Handling and Storage of Knives Introductory Activity – Answer Key</i> available for review	20-25 minutes

Lesson 1 – Safe Handling and Storage of Knives

FOCUS: Introductory Activity

15-20 minutes

Purpose:

There are many ways that knives could be used and handled in a kitchen. Some ways are safe and acceptable, while others are potentially dangerous. This activity will present some examples to participants, who will then decide on the safety of each example.

Materials:

- *Safe Handling and Storage of Knives Introductory Activity*
- *Safe Handling and Storage of Knives Introductory Activity – Answer Key*

Facilitation Steps:

1. State that this lesson is about the safe use of knives in the kitchen.
2. Ask for suggestions of things to consider for the safe use of knives in the kitchen. Take a few ideas.
3. Tell participants that they are going to give some advice about specific situations that describe the use and storage of kitchen knives.
4. Distribute the *Safe Handling and Storage of Knives Introductory Activity*.
5. Have the participants work individually or in small groups. Tell them to use their previous knowledge and common sense to respond to each situation.
6. Have them put the handout aside until after the slide presentation. They will have the opportunity to revise their responses after the *Safe Handling and Storage of Knives* slide presentation.

Name: _____ Class: _____

Safe Handling and Storage of Knives

Introductory Activity

Individually or as a group, read the following situations that might occur in a food preparation setting at home or in a commercial kitchen. Describe why this would be a safe practice or an unsafe practice. If it is unsafe, explain what changes would need to be made to make the situation safe. Review your responses after the presentation.

1. Chris has a small kitchen and stores all of the kitchen utensils and knives in a drawer.
2. April has learned about cleaning the work area as tasks are completed. She always begins by filling the sink with hot soapy water. As she finishes chopping foods, she puts the knives and cutting boards into the sink to clear the work area.
3. Sam is toasting a bagel for a breakfast sandwich. The toaster pops, but the bagel is too thick and is stuck. Sam has a knife in hand, but stops and thinks, then reaches for a fork to pry the bagel out of the toaster.
4. Julian watches his younger siblings after school and prepares his family's evening meal while his parents are at work. While he is slicing carrots, his sister comes in and asks for help with her homework. Julian places the knife on the counter above the cutting board and takes his sister to sit at the table to answer her question.

5. To make the work environment more pleasant, Alex uses headphones to listen to music in the prep kitchen. Sometimes the song is so good, he has to sing along and dance to the beat.
6. Sara has a new cutting board that she is going to use when making a stir fry for dinner. She has many vegetables to prepare. Before she begins, she places a damp kitchen cloth under the cutting board to prevent it from sliding around.
7. Pat works at a new coffee shop that serves soups and sandwiches. Pat has been asked to prep the vegetables for tomorrow's soup. There are only 2 knives in the kitchen. One is a small paring knife and the other is a large chef's knife. Pat notices that the knives are not very sharp. After the lunch rush is over, he talks to his manager and requests that the knives be sharpened. He also asks about adding some other knives to the kitchen supplies.
8. To save time when making a snack of cheese and apple slices, Neil decides to cut the items on a plate so there isn't so much to clean up after eating the snack.

Safe Handling and Storage of Knives

Introductory Activity – Answer Key

1. Chris has a small kitchen and stores all of the kitchen utensils and knives in a drawer.

Unsafe. Reaching into the drawer could result in a cut and knives won't maintain their quality if not stored properly

2. April has learned about cleaning the work area as tasks are completed. She always begins by filling the sink with hot soapy water. As she finishes chopping foods, she puts the knives and cutting boards into the sink to clear the work area.

Unsafe. Placing knives into soapy water could cause April or someone else to get cut when they reach into the sink.

3. Sam is toasting a bagel for a breakfast sandwich. The toaster pops, but the bagel is too thick and is stuck. Sam has a knife in hand, but stops and thinks, then reaches for a fork to pry the bagel out of the toaster.

Unsafe. Metal utensils are never used to remove an item from the toaster and knives are not used for tasks other than cutting and chopping.

4. Julian watches his younger siblings after school and prepares his family's evening meal while his parents are at work. While he is slicing carrots, his sister comes in and asks for help with her homework. Julian places the knife on the counter above the cutting board and takes his sister to sit at the table to answer her question.

Safe. Julian is not allowing distraction and the placement of the knife is safe.

5. To make the work environment more pleasant, Alex uses headphones to listen to music in the prep kitchen. Sometimes the song is so good, he has to sing along and dance to the beat.

Unsafe. Music and dancing may be distracting to all kitchen workers

6. Sara has a new cutting board that she is going to use when making a stir fry for dinner. She has many vegetables to prepare. Before she begins, she places a damp kitchen cloth under the cutting board to prevent it from sliding around.

Safe. Stabilizing a cutting board that doesn't have grips prevents slipping and potential injury when cutting.

7. Pat works at a new coffee shop that serves soups and sandwiches. Pat has been asked to prep the vegetables for tomorrow's soup. There are only 2 knives in the kitchen. One is a small paring knife and the other is a large chef's knife. Pat notices that the knives are not very sharp. After the lunch rush is over, he talks to his manager and requests that the knives be sharpened. He also asks about adding some other knives to the kitchen supplies.

Safe. Sharp knives are safer because they require less effort and are less likely to slip when cutting. Having a variety of knives to use allows for the proper knife for different cutting tasks.

8. To save time when making a snack of cheese and apple slices, Neil decides to cut the items on a plate so there isn't so much to clean up after eating the snack.

Unsafe. A plate is not a safe cutting surface because it is not flat and there may be slipping.

Lesson 1 – Safe Handling and Storage of Knives

LEARN: Slide Presentation

10-15 minutes

Purpose: Participants will learn guidelines for safe and efficient use of knives in the kitchen.

Materials:

- *Safe Handling and Storage of Knives* slide presentation
- *Safe Handling and Storage of Knives Note Sheet*
- *Safe Handling and Storage of Knives Note Sheet – Answer Key*

Facilitation Steps:

1. Prepare the *Safe Handling and Storage of Knives* slide presentation.
2. Distribute the *Safe Handling and Storage Note Sheet* to participants.
3. Show the presentation and have participants complete the note sheet. Use the *Safe Handling and Storage of Knives Note Sheet – Answer Key* as reference as needed.

Name: _____ Class: _____

Safe Handling and Storage of Knives

Note Sheet

Slide 2: Essential Safety Rules for All Kitchen Tasks

- To prevent injuries:
 - _____ to what you are doing
 - Avoid being _____ by others
 - Avoid _____ distraction for others
- These rules are particularly important when using knives

Slide 3: Knife Safety

- Knives are a frequently used kitchen _____ for preparing foods
- When used properly they are _____ and _____
- When used improperly, they can be the cause of accidents and injuries
- Practicing safe techniques will reduce the chance of injury, maintain the quality and function of your knives, and make your kitchen work more enjoyable

Slide 4: Knife Safety Guidelines

- Keep knives _____
 - Sharp knives take less effort and are less likely to slip and cause injury
- Always cut on a _____ or cutting mat
 - Use a cutting board with grippers or secure it to the countertop with a damp towel or grip mat

Slide 5: Knife Safety Guidelines (cont.)

- Choose the correct knife for the _____
- Cut _____ from your body
- Do not _____ knives at others
- Carry knives with the point down _____ and the sharp part of the blade facing _____ you

Slide 6: Knife Safety Guidelines (cont.)

- Pass a knife by _____ with the handle toward the other person or hand it to them by gripping the _____ of the blade and presenting the _____ to the other person

- If a knife falls, Do *NOT* try to _____ it; instead, carefully step back and allow it to fall, then pick it up by the _____

Slide 7: Knife Safety Guidelines (cont.)

- Wash and dry knives _____
 - Leaving a knife in a sink of soapy water might cause someone to get cut when they reach into the sink.
 - Wash and dry knives by holding with the sharp edge _____ from you as you wipe the _____ side of the blade

Slide 8: Knife Safety Guidelines (cont.)

- Store knives properly.
 - A sheath, tray, knife block or knife rack keeps knives in _____ and prevents injuries
- Knives are tools for cutting _____, do not use them as _____ for prying or as a screwdriver

Slide 9: Work Efficiently and Safely

- Cutting, slicing, chopping, mincing and dicing are enjoyable tasks in preparing food when you work efficiently and safely

Safe Handling and Storage of Knives Note Sheet – Answer Key

Slide 2: Essential Safety Rules for All Kitchen Tasks

- To prevent injuries
 - **Pay close attention** to what you are doing
 - Avoid being **distracted** by others
 - Avoid **causing** distraction for others

These rules are particularly important when using knives

Slide 3: Knife Safety

Knives are a frequently used kitchen **tool** for preparing foods. When used properly they are **useful** and **efficient**. When used improperly, they can be the cause of accidents and injuries.

Practicing safe techniques will reduce the chance of injury, maintain the quality and function of your knives, and make your kitchen work more enjoyable.

Slide 4: Knife Safety Guidelines

- Keep knives **sharp**
 - Sharp knives take less effort and are less likely to slip and cause injury
- Always cut on a **cutting board** or cutting mat
 - Use a cutting board with grippers or secure it to the countertop with a damp towel or grip mat

Slide 5: Knife Safety Guidelines (cont.)

- Choose the correct knife for the **cutting task**
- Cut **away** from your body
- Do not **point** knives at others
- Carry knives with the point down **at your side** and the sharp part of the blade facing **behind** you

Slide 6: Knife Safety Guidelines (cont.)

- Pass a knife by **laying it down** with the handle toward the other person or hand it to them by gripping the **dull edge** of the blade and presenting the **handle** to the other person
- If a knife falls, Do **NOT** try to **catch** it, instead, carefully step back and allow it to fall, then pick it up by the **handle**

Slide 7: Knife Safety Guidelines (cont.)

- Wash and dry knives **separately**
 - Leaving a knife in a sink of soapy water might cause someone to get cut when they reach into the sink
 - Wash and dry knives by holding with the sharp edge **away** from you as you wipe the **dull** side of the blade

Slide 8: Knife Safety Guidelines (cont.)

- Store knives properly
 - A sheath, tray, knife block or knife rack keeps knives in **good condition** and prevents injuries
- Knives are tools for cutting **food**, do not use them as **other tools** for prying or as a screwdriver

Slide 8: Knife Safety Guidelines (cont.)

- Cutting, slicing, chopping, mincing and dicing are enjoyable tasks in preparing food when you work efficiently and safe

Lesson 1 – Safe Handling and Storage of Knives

REVIEW: Introductory Activity

Discussion

20-25 minutes

Purpose: Participants will review their responses to the situations on the *Safe Handling and Storage of Knives Introductory Activity* and revise them according to the information from the presentation.

Materials:

- *Safe Handling and Storage of Knives Introductory Activity* (completed in FOCUS)
- *Safe Handling and Storage of Knives Introductory Activity – Answer Key*
- *Safe Handling and Storage of Knives Quiz*
- *Safe Handling and Storage of Knives Quiz – Answer Key*

Facilitation Steps:

1. Allow 5-10 minutes for participants to review their responses to the *Safe Handling and Storage of Knives Introductory Activity* situations, making any changes that they feel are needed based on the information from the presentation.
2. Lead a discussion of the situations. Ask how many changes were made based on the information from the presentation.
3. Hand out the *Safe Handling and Storage of Knives Quiz* to participants. Give them a couple of minutes to complete it.
4. Have participants self-check or peer check their answers as you share from the *Safe Handling and Storage of Knives Quiz – Answer Key*.

Name: _____ Class: _____

Safe Handling and Storage of Knives Quiz

Directions: Use the words from the word bank to fill in the blanks with the correct answers.

Word Bank:

Away

Blade

Correct

Cutting Board

Falling

Handle

Sharp

Sink

1. A _____ Knife is a Safe Knife: Using a dull knife is dangerous because you have to force cutting more. It is more likely to slip and cause an injury.
2. Never Grab a _____ Knife: The best way to avoid this is to always know where your knife is. Place knives completely on the cutting board so the handle is not sticking out into traffic areas.
3. Use the _____ Knife for the Right Job: If you do not know which knife would be the safest, just ask.
4. Always Cut _____ from Yourself: Work efficiently and be smart when cutting. Move the food product so that the position of the knife cuts the way you want. Don't move the knife based on the position of the food.
5. Keep Your Eyes on the _____: Avoid being distracted and avoid causing distraction.
6. _____ a Knife Properly: Carry a knife pointed down and at your side. Keep your arm rigid so the knife does not slip or swing.
7. Never Put a Knife in a _____ Full of Water: Soaking is bad for the knife's blade and handle, and leaving them in the water can cause serious injury to you or someone else. Always wash your knives separately by hand and put them back where they belong as soon as you dry them.
8. Always Cut on a _____: Do not cut on a plate or countertop. Plates are not safe and countertops are not sanitary for cutting and can be dangerous. *Place a wet kitchen cloth or paper towel under the cutting board to prevent slipping.*

Safe Handling and Storage of Knives Quiz – Answer Key

Directions: Use the words from the word bank to fill in the blanks with the correct answers.

Word Bank:

Away

Blade

Correct

Cutting Board

Falling

Handle

Sharp

Sink

1. A **Sharp** Knife is a Safe Knife: Using a dull knife is dangerous because you have to force cutting more. It is more likely to slip and cause an injury.
2. Never Grab a **Falling** Knife: The best way to avoid this is to always know where your knife is. Place knives completely on the cutting board so the handle is not sticking out into traffic areas.
3. Use the **Correct** Knife for the Right Job: If you do not know which knife would be the safest, just ask.
4. Always Cut **Away** from Yourself: Work efficiently and smart when cutting. Move the food product so the position of the knife cuts the way you want-don't move the knife based on the position of the food.
5. Keep Your Eyes on the **Blade**: Avoid being distracted and avoid causing distraction.
6. **Handle** a Knife Properly: Carry a knife pointed down and at your side. Keep your arm rigid so the knife does not slip or swing.
7. Never Put a Knife in a **Sink** Full of Water: Soaking is bad for the knife's blade and handle, and leaving them in the water can cause serious injury to you or someone else. Always wash your knives separately by hand and put them back where they belong as soon as you dry them.
8. Always Cut on a **Cutting Board**: Do not cut on a plate or countertop. Plates are not safe and countertops are not sanitary for cutting and can be dangerous. *Place a wet kitchen cloth or paper towel under the cutting board to prevent slipping.*

Lesson Two – The Anatomy of Knives

Lesson Overview

There are many types of knives available. Understanding the construction and purpose of knives makes it easy to choose the correct knife for the task. Caring for and storing knives properly maintains their quality.

Lesson Objectives

After completing this lesson, participants will be able to:

- identify the materials and construction of kitchen knives
- understand the purposes of different types of knives to use them for the appropriate task
- understand how to store and care for knives to maintain quality

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• Examples of different kitchen knives (actual knives or pictures)	1. Gather knives or pictures of knives	10 minutes
LEARN	• <i>Anatomy of Knives</i> slide presentation • <i>Anatomy of Knives Note Sheet</i> • <i>Anatomy of Knives Note Sheet – Answer Key</i>	1. Print/photocopy <i>Anatomy of Knives Note Sheet</i> (one per participant) 2. Prepare the <i>Anatomy of Knives</i> slide presentation for viewing	15-20 minutes
REVIEW	• <i>Knife Chart</i> • <i>Knife Chart – Answer Key</i> • <i>Anatomy of Knives</i> slide presentation	1. Print/Photocopy <i>Knife Chart</i> (one per participant)	15-20 minutes

Lesson 2 – The Anatomy of Knives

FOCUS: Introduction to the Anatomy of Knives

10 minutes

Purpose:

Participants will become familiar with various types of knives and their uses.

Materials:

- Examples of different kitchen knives (actual knives or pictures)

Facilitation Steps:

1. Show examples of different knives and ask for suggestions of food items that might be cut with each of them.
2. Informally survey participants to learn which of the knives they have used and what they were used for, including what food, task, and recipe.

Lesson 2 – The Anatomy of Knives

LEARN: Anatomy of Knives

15-20 minutes

Purpose:

Participants will receive information about knife safety through teacher presentation accompanied by a participant-completed note sheet.

Materials:

- *Anatomy of Knives* slide presentation
- *Anatomy of Knives Note Sheet*
- *Anatomy of Knives Note Sheet – Answer Key*

Facilitation Steps:

1. Prepare for the *Anatomy of Knives* slide presentation.
2. Distribute the *Anatomy of Knives Note Sheet* to participants.
3. Show the presentation and have participants complete the note sheet. Use the *Anatomy of Knives Note Sheet – Answer Key* as a reference as needed.

Name: _____ Class: _____

Anatomy of Knives Note Sheet

Slide 2: Choosing Knives

- Having a variety of knives available will help you use the _____ for the task
- Comfortable handles allow you to work for a _____
- Buy knives of the best quality that you can _____
- If cared for properly, good knives are an _____ that will last a long time

Slide 3: Parts of a Knife



Slide 4: Parts of a Knife

All knives have _____ main parts:

- Blade: _____, forged or stamped from a solid piece of metal like stainless steel or high carbon steel
 - Point: Used for _____ or trimming
 - Tip: Used for detailed cutting or _____
 - Back or Spine: The top of the blade that is the _____ edge
 - Cutting edge: The _____ bottom edge of the blade from the tip to the heel

Slide 5: Parts of a Knife (cont.)

- Handle: Made of _____, _____, or _____
- Bolster or Shank: Where the blade and handle meet; it keeps food out of the space between the handle and tang and adds _____ to the knife
- Rivets: Metal _____ that hold the handle to the tang
- Tang: The part of the blade that _____ into the _____

Slide 6: Chef's Knife or French Knife

- Most important knife in the kitchen
- _____-inch blade
- All purpose for _____, _____, and _____

Slide 7: Boning Knife

- Small _____-inch blade
- Used for removing _____ from meat, poultry, and fish, as well as for trimming _____
- The blade may be _____ or _____

Slide 8: Cleaver

- Heavy, _____ blade
- Used for _____
- Can be used for cutting through bones

Slide 9: Paring Knife

- Small with a _____-inch blade
- Used for trimming and paring _____ and _____
- Used for _____ cutting tasks

Slide 10: Slicing Knife

- A long, thin blade up to _____ inches in length
- Used for slicing _____ and _____

Slide 11: Serrated Knife

- A long, thin blade that has _____ like a saw blade
- Used for slicing _____, _____, and soft foods like tomatoes
- Using a _____ motion prevents crushing the food

Slide 12: Specialized Knives

- Tourne Knife: paring knife with a curved blade for cutting curved surfaces of fruits or vegetables
- Santoku Knife: 5-7-inch blade with _____ sides that keep food from sticking to the blade

Slide 13: Other Equipment

- Sharpening steel: A long _____ or _____ rod used to keep knives sharp
 - This is called *honing*
 - *Knives should be _____ frequently to maintain a good cutting edge*

Slide 14: Sharpening and Honing Knives

- Watch as a chef shows how to keep the cutting edge of your knives sharp
- <https://www.youtube.com/watch?v=CdLva4cpq9g>

Slide 15: Knife Storage

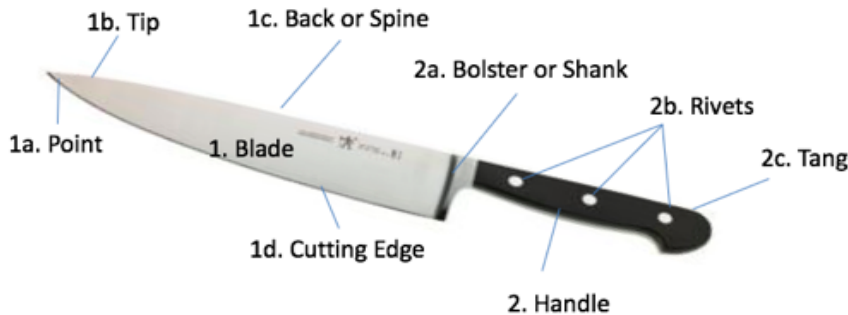
- Proper storage protects knives and prevents injury
- Types of knife storage:
 -
 -
 -

Anatomy of Knives Note Sheet – Answer Key

Slide 2: Choosing Knives

- Having a variety of knives available will help you use the **correct knife** for the task
- Comfortable handles allow you to work for a **longer time**
- Buy knives of the best quality that you can **afford**
- If cared for properly, good knives are an **investment** that will last a long time

Slide 3: Parts of a Knife



Slide 4: Parts of a Knife

All knives have **2** main parts

- Blade: **The cutting surface**, forged or stamped from a solid piece of metal such as stainless steel or high carbon steel
 - Point: Used for **detailed cutting** or trimming
 - Tip: Used for detailed cutting or **trimming**
 - Back or Spine: The top of the blade that is the **non-cutting** edge
 - Cutting edge: The **sharp** bottom edge of the blade from the tip to the heel

Slide 5: Parts of a Knife (cont.)

- Handle: Made of **wood, plastic,** or **metal**
 - Bolster or Shank: Where the blade and handle meet; It keeps food out of the space between the handle and tang and adds **strength** to the knife
 - Rivets: Metal **fasteners** that hold the handle to the tang
 - Tang: The part of the blade that **extends** into the **handle**

Slide 6: Chef's Knife or French Knife

- Most important knife in the kitchen
- **8-14**-inch blade
- All purpose for **slicing, chopping,** and **mincing**

Slide 7: Boning Knife

- Small **5-7**-inch blade
- Used for removing **bones** from meat, poultry, and fish and for trimming **fat**
- The blade may be **rigid** or **flexible**

Slide 8: Cleaver

- Heavy, **rectangular** blade
- Used for **chopping**
- Can be used for cutting through bones

Slide 9: Paring Knife

- Small with a **2-4**-inch blade
- Used for trimming and paring **fruits** and **vegetables**
- Used for **small** cutting tasks

Slide 10: Slicing Knife

- A long, thin blade up to **14** inches in length
- Used for slicing **meats** and **poultry**

Slide 11: Serrated Knife

- A long, thin blade that has **teeth** like a saw blade
- Used for slicing **bread, cakes**, and soft foods like tomatoes
- Using a **sawing** motion prevents crushing the food

Slide 12: Specialized Knives

- Tourne Knife: paring knife with a curved blade for cutting curved surfaces
- Santoku Knife: 5-7-inch blade with **indented** sides that keep food from sticking to the blade

Slide 13: Other Equipment

- Sharpening steel: A long **metal** or **ceramic** rod used to keep knives sharp
 - This is called honing
 - Knives should be **honed** frequently to maintain a good cutting edge

Slide 14: Sharpening and Honing Knives

- Watch as a chef shows how to keep the cutting edge of your knives sharp
- <https://www.youtube.com/watch?v=CdLva4cpq9g>

Slide 15: Knife Storage

- Proper storage protects knives and prevents injury
- Types of knife storage:
 - **Magnetic Knife Rack**
 - **Knife Block**
 - **Knife Case or Sheath**

Lesson 2 – The Anatomy of Knives

REVIEW: Knife Chart

15-20 minutes

Purpose:

Participants will apply the information about the parts, types, and uses of different knives for culinary tasks.

Materials:

- *Knife Chart*
- *Knife Chart – Answer Key*
- *Anatomy of Knives* slide presentation

Facilitation Steps:

1. Distribute the *Knife Chart*.
2. Have participants use information from the *Anatomy of Knives* slide presentation to complete the chart.
3. Reference the *Knife Chart – Answer Key* as needed.

Name: _____ Class: _____

Knife Chart

Complete the chart by labeling each knife, describing the size, shape of blade, etc. and giving examples of a food item that you would prepare with each knife. Example: a serrated knife would be used to slice banana bread.

Knife	Name	Description	Examples of Use
			
			
			
			
			
			
			

Knife Chart – Answer Key

Complete the chart by labeling each knife, describing the size, shape of blade, etc., and give examples of a food item that you would prepare with the knife. Example: A serrated knife would be used to slice banana bread.

Knife	Name	Description <i>Answers may vary</i>	Examples of Use <i>Answers may vary</i>
	Chef's Knife	8-14-inch blade - Used for slicing, chopping, and mincing	
	Boning Knife	5-7-inch blade - Used for trimming fat and removing bones from meat, poultry, and fish - Blade may be rigid or flexible	
	Cleaver	- Heavy, rectangular blade - Used for chopping - Can be used for cutting through bones	
	Paring Knife	2-4-inch blade - Used for trimming and paring fruits and vegetables - Used for small cutting tasks	
	Slicing Knife	- Up to 14 inches in length - Long, thin blade - Used for slicing meats and poultry	
	Serrated Knife	- Long, thin blade - Has teeth like a saw blade - Used for slicing bread, cakes, and soft foods like tomatoes	
	Santoku Knife	5-7-inch blade - Indented sides keep food from sticking to the blade	

Lesson Three – Knife Cuts

Lesson Overview

Along with safety and efficiency in using knives, different cuts are important for different applications. Preparing attractive foods and cooking them properly can be the result of proficient knife skills.

Lesson Objectives

After completing this lesson, participants will be able to:

- learn how to properly and safely grip knives and food when cutting
- recognize basic knife cuts
- demonstrate and apply knife skills using modeling clay and a variety of foods

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• Culinary Knife Skills Kit • <i>Knife Cuts</i> slide presentation • <i>Knife Cuts Vocabulary and Note Sheet</i> • <i>Knife Cuts Vocabulary and Note Sheet</i> – Answer Key	1. Prepare <i>Knife Cuts</i> slide presentation for viewing 2. Print/photocopy the <i>Knife Cuts Vocabulary and Note Sheet</i> (one per participant)	20-30 minutes
LEARN	• Knife Skills Kit • Knives • <i>Knife Cuts Practice Sheet</i>	1. Print/photocopy the <i>Knife Cuts Practice Sheet</i> (one per participant)	20-30 minutes
REVIEW	• Knife Skills Kit • Knives • <i>Knife Skills Post Assessment</i> • <i>Knife Skills Post Assessment</i> – Answer Key	1. Print/photocopy the <i>Knife Skills Post Assessment</i> (one per participant)	20-30 minutes

Lesson 3 – Knife Cuts

FOCUS: Introduction to Knife Cuts

20-30 minutes

Purpose:

To introduce participants to the materials in the Knife Skills Kit and terms related to knife cuts.

Materials:

- Knife Skills Kit
- *Knife Cuts Vocabulary and Note Sheet*
- *Knife Cuts Vocabulary and Note Sheet – Answer Key*
- *Knife Cuts* slide presentation

Facilitation Steps:

1. Set out the pieces of the Knife Skills Kit on the demonstration table or at the front of the room.
2. Show each piece of the kit and give a description along with modeling the use.
 - a. Measurement/Conversions and Common Knife Cuts poster set
 - b. Cutting Board
 - c. Culinary Cuts Ruler
 - d. Knife Cuts 3D Visual Model set
 - e. Finger Guards
 - f. Modeling clay
3. Present the *Knife Cuts* slide presentation, using modeling and the kit as props to describe the knife cuts that will be practiced later.
4. Have participants take notes on the *Knife Cuts Vocabulary and Note Sheet*.

Name: _____ Class: _____

Knife Cuts Vocabulary and Note Sheet



Vocabulary

1. Cutting Mat:
2. Mercer Cut Ruler:
3. Finger Guards:
4. Knife Cut Models:

Presentation Notes

Slide 2: Knife Grip and Hand Position

- Describe the recommended methods for gripping a knife:
- Describe the correct position for your guide hand:

Slide 3: Important Points

- Choose the knife grip that is most _____ for you
- Do NOT _____ your _____ finger
- Use a _____ or _____ motion with the knife
- The fingers of your guide hand should be rolled back with or without a finger guard

Slide 4: Cutting Boards and Mats

- Always use a cutting _____ or _____
- Cutting boards:
 - Made from _____, _____, or _____
 - Should be stabilized by placing a _____ cloth or damp paper towel underneath so they don't move around
 - Boards with grips don't need to be stabilized

Slide 5: Cutting Boards and Mats

- Cutting mats:
 - Made from _____ plastic or polypropylene material
 - Some have a non-slip side
 - If not, a damp paper towel or kitchen cloth should be used to stabilize

Slide 6: Choose your Knife

- Know the cut you are going to do and choose the knife accordingly
- _____ are the most frequently used kitchen knife

Slide 7: Slicing

- Slicing: cuts that make large thin pieces of a food
- Knives used:
 -
 -
 -

Slide 8: Examples of slices

- _____: fine ribbon-like pieces of leafy vegetables or herbs
- _____ or _____: disk-like pieces from cylindrical fruit or vegetables
- _____: an oval or oblong slice from cylindrical fruit or vegetables
- _____ or _____: wedge-shaped pieces made by making a diagonal cut

Slide 10: Chopping and Mincing

- Chopping: food is cut into _____ pieces
- Mincing: food is cut into _____ pieces

Slide 11: Classic Cuts

- Julienne: _____ x _____ x _____ inch matchstick shapes
- Batonnet: _____ inch matchstick cuts
- Dice- even sided cubes
 - Large: _____ inch
 - Medium: _____ inch
 - Small: _____ inch
 - Brunoise: _____ inch (very small)
- Tourne: _____-shaped cut

Slide 13: Why so many different cuts?

- Reasons for cutting food in specific sizes and shapes
 - _____: Uniformity of size and shape means uniform cooking time
 - _____: Even sizes and shapes look attractive and professional

Slide 14: Why so many different cuts?

- Knowing the different cuts and when to use them will improve your culinary skills
- Using the techniques you have learned will keep you safe and efficient when preparing food for yourself and for others

Knife Cuts Vocabulary and Note Sheet – Answer Key

Vocabulary

1. Cutting Mat: **Used to protect countertops and keep knives sharp**
2. Mercer Cut Ruler: **a kitchen tool used as a reference for measurements and dimensions of classic knife cuts**
3. Finger Guards: **metal guard used to protect guide hand when cutting**
4. Knife Cut Models: **plastic examples of the classic knife cuts**

Presentation Notes

Slide 3: Knife Grip and Hand Position

- Describe the recommended methods for gripping a knife:
Thumb over the bolster
Grip the handle
Choke up with thumb and index finger on each side of the blade
- Describe the correct position for your guide hand:
Fingers are rolled back

Slide 4: Important Points

- Choose the knife grip that is most **comfortable** for you
- Do NOT **extend** your **index** finger
- Use a **rocking** or **circular** motion with the knife
- The fingers of your guide hand should be rolled back with or without a finger guard

Slide 5: Cutting Boards and Mats

- Always use a cutting **board** or **mat**
- Cutting boards:
 - Made from **wood, plastic,** or **polypropylene**
 - Stabilize by placing a **damp kitchen** cloth or paper towel underneath so they don't move around
 - Boards with grips don't need to be stabilized

Slide 6: Cutting Boards and Mats

- Cutting mats
 - Made from **thinner** plastic or polypropylene material
 - Some have a non-slip side, if not a damp paper towel or kitchen cloth should be used to stabilize

Slide 7: Choose your Knife

- Know the cut you are going to do and choose the knife accordingly
- **Chef's Knives** are the most frequently used kitchen knife

Slide 8: Slicing

- Slicing: cuts that make **large thin pieces** of a food
- Knives used:
 - **Chef's Knife**
 - **Slicing Knife**
 - **Serrated Knife**

Slide 9: Examples of Slices

- **Chiffonade**: fine ribbon-like pieces of leafy vegetables or herbs
- **Rondelle** or **round**: disk-like pieces from cylindrical fruit or vegetables
- **Diagonal cut**: an oval or oblong slice from cylindrical fruit or vegetables
- **Roll cut** or **oblique cut**: wedge-shaped pieces made by making a diagonal cut, then rolling the item 180 degrees and making another diagonal cut

Slide 11: Chopping and Mincing

- Chopping: food is cut into **small even** pieces
- Mincing: food is cut into **very small** pieces

Slide 12: Classic Cuts

- Julienne: **1/8** x **1/8** x **2**-inch matchstick shapes
- Batonnet: **1/4**-inch matchstick cuts
- Dice: even sided cubes
 - Large: **3/4**-inch
 - Medium: **1/2**-inch
 - Small: **1/4**-inch
 - Brunoise: **1/8**-inch (very small)
- Tourne: **football**-shaped cut

Slide 14: Why so many different cuts?

- Reasons for cutting food in specific sizes and shapes
 - **Cooking Time**: Uniformity of size and shape means uniform cooking time
 - **Presentation**: Even sizes and shapes look attractive and professional

Slide 15: Why so many different cuts?

- Knowing the different cuts and when to use them will improve your culinary skills
- Using the techniques you have learned will keep you safe and efficient when preparing food for yourself and for others

Lesson 3 – Knife Cuts

LEARN: Hands-on Practice

20-30 minutes

Purpose:

Participants will work with materials to practice the skills of holding knives and producing knife cuts.

Materials:

- Knife Skills Kits
- Knives
- *Knife Cuts Practice Sheet*

Facilitation Steps:

1. Before class prepare demonstration materials and samples of knife cuts from modeling clay or actual food.
2. Use the *Knife Cuts Practice Sheet* as a guide and demonstrate the techniques to the participants.
3. Group participants with Knife Skills Kits and assign work areas.
4. Allow work time.
5. Have participants evaluate their own work, their classmates' work, or you can evaluate.

Name: _____ Class: _____

Knife Cuts Practice Sheet

Define each knife cut. Using the *Knife Skills Kit*, the correct knife, and modeling clay or food items (potato, carrot, sweet potato, etc.), practice the cuts listed below. Provide a minimum of 5 pieces for each example.

Knife Cut	Description	Sample cuts
Rondelle or Round cut		
Diagonal cut		
Roll cut or Oblique cut		
Julienne		
Batonnet		

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Large Dice		
Medium Dice		
Small Dice		
Brunoise		
Tourne		

Lesson 3 – Knife Cuts

REVIEW: Assessment

20-30 minutes

Purpose:

This activity assesses participant knowledge about the knife skills information presented in this curriculum.

Materials:

- *Knife Skills Post Assessment*
- *Knife Skills Post Assessment – Answer Key*

Facilitation Steps:

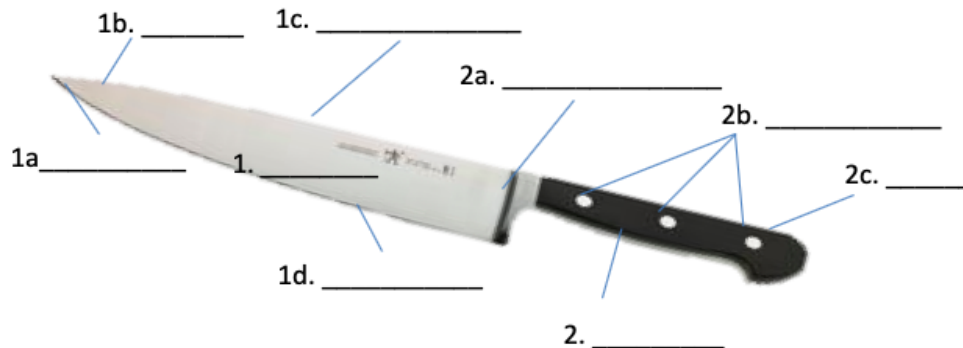
1. Distribute *Knife Skills Post Assessment* and allow 30 minutes for completion.

Name: _____ Class: _____

Knife Skills Post Assessment

Directions: Place the letter of the knife part in the correct blank on the diagram.

- | | | |
|------------|-----------------|----------|
| A. Tip | D. Handle | G. Tang |
| B. Blade | E. Cutting Edge | H. Spine |
| C. Bolster | F. Rivets | I. Point |



Directions: Identify the parts of the knife by matching the names and descriptions.

- | | | |
|------------|-----------------|----------|
| J. Tip | M. Handle | P. Tang |
| K. Blade | N. Cutting Edge | Q. Spine |
| L. Bolster | O. Rivets | |

3. ____ Made of plastic, wood, or metal, it should be comfortable in your hand.
4. ____ The part of the blade that extends into the handle.
5. ____ The metal fasteners that hold the handle in place.
6. ____ The sharp edge of the knife that extends from the tip to the heel
7. ____ The non-cutting edge of the blade.
8. ____ The part of the knife where the blade meets the handle.
9. ____ This part is stamped or forged from a solid piece of stainless steel or carbon steel.
10. ____ This part is used for detailed cutting or trimming.

Directions: Match the type of knife and the correct description.

- | | |
|-------------------------|---|
| 11. ____ Cleaver | R. 8-14-inch curved blade. The most important knife in the kitchen. |
| 12. ____ Chef's knife | S. 5-7 inch flexible or rigid blade. Used for fish and poultry. |
| 13. ____ Slicing knife | T. Heavy rectangular blade. Can chop through bones. |
| 14. ____ Paring knife | U. 2-4-inch blade used for small cutting tasks |
| 15. ____ Boning knife | V. Long thin blade up to 14 inches long. |
| 16. ____ Serrated knife | W. The blade has indented sides to keep food from sticking to it. |
| 17. ____ Santoku knife | X. Saw like blade for slicing foods. |

18. What is the purpose of honing a knife?
19. Describe the proper storage of knives and give 2 reasons why proper storage is important.
20. Yes No It is ok to place a knife in a sink of soapy water if you are the only person in the kitchen.
21. Yes No Keeping knives a little dull will reduce the chance of getting cut.
22. Yes No If you are passing a knife to someone else, you should place it on the counter with the handle toward them instead of putting it in their hand.
23. Yes No Always cut away from yourself.

Directions: Write the letter of the best answer in the blank.

24. ____ Why is it important to cut foods uniformly?
- a. For safety and sanitation
 - b. For ease of eating
 - c. For even and accurate cooking time
25. ____ Using a proper knife grip will ____.
- a. Keep the cutting board in place
 - b. Prevent fatigue
 - c. Improve the appearance of the food.
26. ____ Cutting on a cutting board or cutting matt ____.
- a. Keeps the work area clean
 - b. Protects the work area
 - c. Keeps knives sharp
 - d. All of the above
27. ____ When properly gripping a knife, the index finger should not extend over the blade. Why?
- a. Extending the index finger causes instability of the knife and can cause fatigue.
 - b. Makes the knife too long and flexible
 - c. Puts too much pressure on the knife blade.
28. What is the purpose of placing a damp kitchen towel under the cutting board?

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Match the cut with the description.

29. ____ Chiffonade

30. ____ Mince

31. ____ Dice

32. ____ Brunoise

33. ____ Batonnet

34. ____ Tourne

35. ____ Julienne

36. ____ Rondelle

37. ____ Diagonal cut

38. ____ Oblique Cut

Y. Cutting a cylinder-shaped object that results in oval or oblong slices.

Z. Cutting that results in circular disk-shaped slices.

AA. A football shaped cut

BB. Cutting into fine ribbon like strips.

CC. Wedge shaped pieces

DD. Food is cut into very small pieces.

EE. Even $\frac{1}{4}$ inch x 2-inch pieces

FF. Even $\frac{1}{8}$ inch x 2-inch pieces

GG. Even sided cubes

HH. Very small even sided cubes

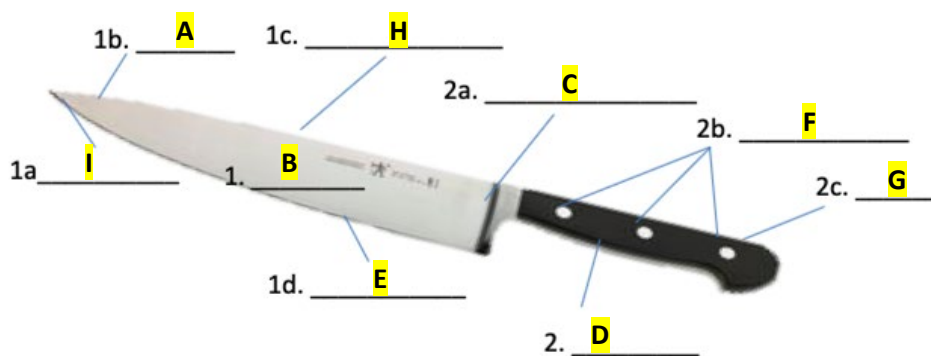
Draw each of the cuts listed above and name a food that would be cut in this way.

Chiffonade	Mince	Dice	Brunoise	Batonnet
Ex:	Ex:	Ex:	Ex:	Ex:
Tourne	Julienne	Rondelle	Diagonal	Oblique
Ex:	Ex:	Ex:	Ex:	Ex:

Knife Skills Post Assessment – Answer Key

Directions: Place the letter of the knife part in the correct blank on the diagram.

- | | | |
|------------|-----------------|----------|
| A. Tip | D. Handle | G. Tang |
| B. Blade | E. Cutting Edge | H. Spine |
| C. Bolster | F. Rivets | I. Point |



Directions: Identify the parts of the knife by matching the names and descriptions.

- | | | |
|------------|-----------------|----------|
| J. Tip | M. Handle | P. Tang |
| K. Blade | N. Cutting Edge | Q. Spine |
| L. Bolster | O. Rivets | |

- M** Made of plastic, wood, or metal, it should be comfortable in your hand
- P** The part of the blade that extends into the handle
- O** The metal fasteners that hold the handle in place
- N** The sharp edge of the knife that extends from the tip to the heel
- Q** The non-cutting edge of the blade
- L** The part of the knife where the blade meets the handle
- K** This part is stamped or forged from a solid piece of stainless steel or carbon steel
- J** This part is used for detailed cutting or trimming

Directions: Match the type of knife and the correct description.

- | | |
|-----------------------------|---|
| 11. T Cleaver | R. 8-14-inch curved blade. The most important knife in the kitchen. |
| 12. R Chef's knife | S. 5-7-inch flexible or rigid blade. Used for fish and poultry. |
| 13. V Slicing knife | T. Heavy rectangular blade. Can chop through bones. |
| 14. U Paring knife | U. 2-4-inch blade used for small cutting tasks |
| 15. S Boning knife | V. Long thin blade up to 14 inches long. |
| 16. X Serrated knife | W. The blade has indented sides to keep food from sticking to it. |
| 17. W Santoku knife | X. Saw like blade for slicing foods. |

18. What is the purpose of honing a knife?

To smooth the edge as it becomes worn from use. Keeps knife sharp.

19. Describe the proper storage of knives and give 2 reasons why proper storage is important.

Knives should be stored in a tray, a knife rack, a knife block, or a sheath. This is for safety and to keep the knives sharp.

20. Yes No It is ok to place a knife in a sink of soapy water if you are the only person in the kitchen.

21. Yes No Keeping knives a little dull will reduce the chance of getting cut.

22. Yes No If you are passing a knife to someone else, you should place it on the counter with the handle toward them instead of putting it in their hand.

23. Yes No Always cut away from yourself.

Directions: Write the letter of the best answer in the blank.

24. c Why is it important to cut foods uniformly?

- a. For safety and sanitation
- b. For ease of eating
- c. For even and accurate cooking time

25. b Using a proper knife grip will _____.

- a. Keep the cutting board in place
- b. Prevent fatigue
- c. Improve the appearance of the food

26. d Cutting on a cutting board or cutting matt _____.

- a. Keeps the work area clean
- b. Protects the work area
- c. Keeps knives sharp
- d. All of the above

27. a When properly gripping a knife, the index finger should not extend over the blade. Why?

- a. Extending the index finger causes instability of the knife and can cause fatigue
- b. Makes the knife too long and flexible
- c. Puts too much pressure on the knife blade

28. What is the purpose of placing a damp kitchen towel under the cutting board?

A damp kitchen towel or paper towel stabilizes the cutting board and prevents it from moving while cutting

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Match the cut with the description.

29. **BB** Chiffonade

30. **DD** Mince

31. **GG** Dice

32. **HH** Brunoise

33. **EE** Batonnet

34. **AA** Tourne

35. **FF** Julienne

36. **Z** Rondelle

37. **Y** Diagonal cut

38. **CC** Oblique cut

Y. Cutting a cylinder-shaped object that results in oval or oblong slices.

Z. Cutting that results in circular disk-shaped slices.

AA. A football shaped cut

BB. Cutting into fine ribbon like strips

CC. Wedge shaped pieces

DD. Food is cut into very small pieces.

EE. Even $\frac{1}{4}$ inch x 2-inch pieces

FF. Even $\frac{1}{8}$ inch x 2-inch pieces

GG. Even sided cubes

HH. Very small even sided cubes

Draw each of the cuts listed above and name a food that would be cut in this way.

Chiffonade Ex: Herbs	Mince Ex: Onion and garlic	Dice Ex: Many options	Brunoise Ex: Many options	Batonnet Ex: Many options
Tourne Ex: Potato, carrot, etc.	Julienne Ex: Many options	Rondelle Ex: Many options	Diagonal Ex: Many options	Oblique Ex: Many options

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