

# Knife Safety Chart

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<http://www.teacherspayteachers.com/Store/Debbie-Madson>



# Knife Safety Skills

[www.kids-cooking-activities.com](http://www.kids-cooking-activities.com)

Point the knife blade away from you. Do not cut toward you or your fingers.

Hold the knife in a pinch grip and use a rolling motion when you cut. Pinch grip is when your index finger is on the outside of the blade and your other three fingers up to the top of the handle, just below the blade.

Cut off ends of round fruit or vegetables to make a flat, steady surface to cut.

The tip of the knife should remain on the cutting board.

Curl your fingers under/tuck them in when you are holding whatever you are cutting.



# Knife Safety Rules



01

Always use a cutting board. It is safer to cut and better for the counter tops! Use a large board to allow more space.

Always have adult supervision.

02

03

Use a good sharp knife. Dull knives are more likely to cause an injury.

Be careful when carrying a knife always carry it point down.

04

05

If a knife falls step back and let it fall don't try to catch it!

Place things on a cutting board to cut. Never cut something in your hand.

06

07

Pay attention to what you are doing. Don't get distracted and always keep your eyes on your cutting.

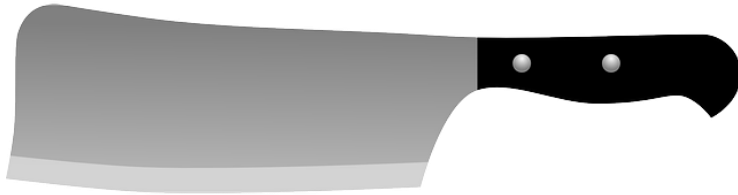
Never leave your knife in a sink where someone can reach in unaware and grab it. It is best to clean, dry and put away knives after they are used

08

09

Store knives in a block not loose in a drawer.

# Kitchen Knives



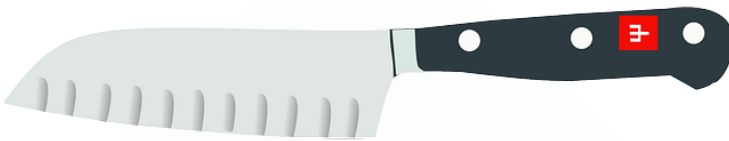
## **Cleaver**

Used for splitting and cleaving meat and cut through bones.



## **Chef's Knife**

Blade about 6-14 inches long. Used for cutting meat and dicing vegetables.



## **Santoku Knife with Fluted Edge**

Used to cut food, slice, mince, and dice.



## **Serrated Bread Knife**

Used to cut bread and soft fruits and vegetables



## **Boning Knife**

Curved small blade. Used to cut into small places such as debone chicken, fish or beef.



## **Paring Knife**

Short plate used for peeling fruit and vegetables and small cutting jobs.



## **Carving Knife**

Slices thin cuts of meat like whole turkeys or roasts.

## Terms for Cutting Food



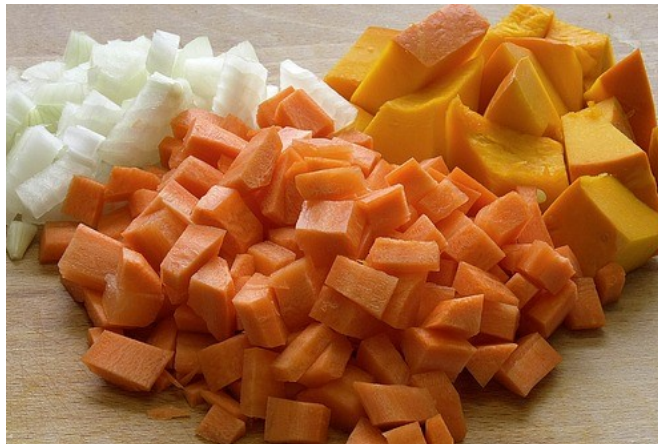
### **Julienne**

Cut food in long strips.



### **Chiffonade**

When cooking green leaves or herbs, pile on top each other and roll together. Cut.



### **Dice**

Cut food into squares of various sizes. Terms include large dice, medium dice, small dice and Brunoise, meaning fine dice.