

KNIFE SAFETY



KNIFE SAFETY!!!

- **FOR TODAY'S LAB, YOU WILL NEED TO KNOW SOME NECESSARY KNIFE SAFETY SKILLS.**



TYPES OF KNIVES

Types of Knives and Their Uses

- **Chef's knives:**

A Chef knife has a strong, rigid blade which makes it suitable for a wide range of jobs. Uses include: dicing, chopping and trimming vegetables, meat and poultry; chopping fresh herbs



- **Paring knife:**

A paring knife is a small short-bladed knife. Uses include: shaping mushrooms, turning carrots



TYPES OF KNIVES

- **Bread knife:**

This knife is serrated. Serrated blades have a row of sharp teeth, like the edge of a saw. Uses include: slicing loaves of bread

- **Boning knife:**

This knife has a strong flexible blade that will bend easily. Uses include: removing bones from meat joints and poultry

- **Carving knife:**

The carving knife has a narrow long stiff blade. Uses include: slicing meat



6 WAYS TO BE SAFE WITH KNIVES

Knife Safety

- Keep knives sharp!

- Dull knives slip easily

- Dull knives are more likely to cut you



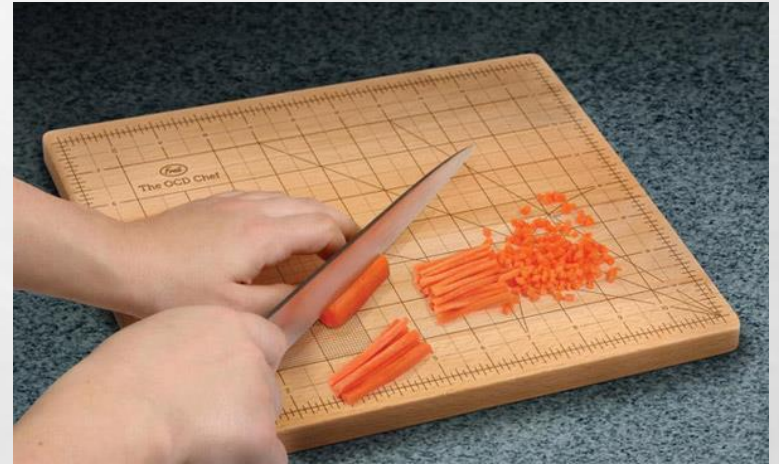
Knife Safety

- Never try to catch a falling knife
 - Jump back
 - Get out of the way
 - Watch your feet



Knife Safety

- Never hold food in your hand while cutting



Knife Safety

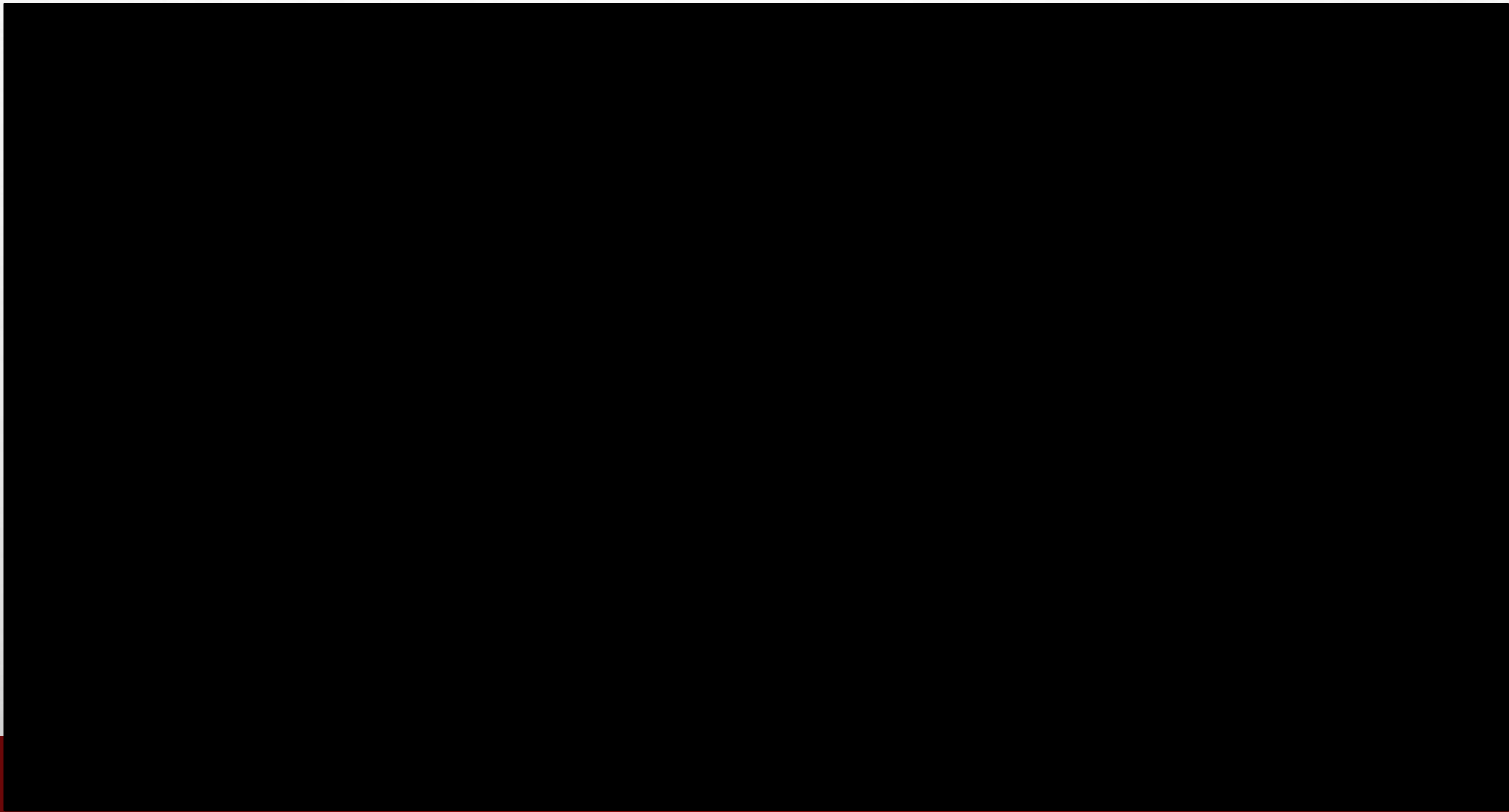
- NEVER use a knife to open anything, EVER



Knife Safety

- Keep your fingers turned under and away from the blade when cutting
- Use the knuckle on your index finger to guide your knife.





TODAY'S LAB: FRESH SALSA

- **YOU WILL GET TO PRACTICE KNIFE SKILLS USING YOUR CHEF'S KNIFE.**
- **FOR CHIPS, YOU ONLY GET ½ BAG. BRING A BOWL AND COME GET CHIPS FROM ME UP FRONT WHEN YOU ARE FINISHED.**
- **FOR EVERYONE TO GET THE CHANCE TO PRACTICE SAFELY CUTTING, ALLOW EACH TEAM MEMBER TO CUT DIFFERENT VEGETABLES.**

