



Thank you for reviewing our knife skills and class safety! Just a reminder that all these lessons are designed for kids to cook with their parents or another adult. Use of knives, kitchen tools, stoves, ovens, or other sharp or hot items should always be closely supervised.

Our lessons are broken into steps. There will be a short video and then an instruction screen with a pause symbol. Please pause the video between each step or before using knives or starting the instructions.

Shopping and Prep for Parents

Shopping & Ingredients:

Dough:

- 1 cloves of garlic
- 1/2 onion
- 1 carrot
- 1 celery
- 1 zucchini or cucumber

Parental Prep:

1. Parents please wash all veggies.
2. Parents please cut the following:
 - Halve the onion.
 - During the lesson, there are times for parents to:
 - Halve or quarter the carrot lengthways, depending on its size.
 - Halve zucchini or cucumber lengthways.

Tools:

- Cut Types & Sizes Chart
- Cutting board
- 6-7 inch chef's knife
- Plastic lettuce knife or butter knife
- Peeler
- Container for scraps
- Container for cut veggies



Class Rules:

- Yes, school is over, but we still need to follow all **the same rules** that you have during normal school hours. (Be respectful, no running inside, quiet voice in the hallway, feet on the floor, and respect the shared space we're in.)
- **Look with your eyes, not with your hands:** Please don't touch things on the table, and wait for all the teacher's instructions before getting started.
- **Learn your space: Where is the trash, compost, dirty dish bin?**
- **Raise your hand** and wait patiently if you have a question.

Knife Safety:

- **WATCH** what you're cutting and **NO TALKING** while others are cutting!
- **Balance!** If your veggie or fruit is rolling, ask an adult to cut it in half and re-position what you're cutting to a more stable point. Having trouble making your last few slices? It's not worth the trouble, so just eat it or throw it away!
- Always use a **cutting board**.
- Always use **sharp knives**. Dull knives will lead to injuries more often.
- **Store** your knife in front of your cutting board in the **center of the table**. Always point the knife blade away from you.
- **Never walk around with your knife.**
- **Don't hand a knife to someone.** Set it on the table and let them pick it up.

Knife Skills:

- **Use both hands!**
- **Soldier Cut/Tip Down:** When cutting smaller things, use your hand on top of the blade in a straight salute. The tip of the knife should always remain on the cutting board, and the cutting can be done by carefully lifting and lowering the handle.
- **Claw & Saw:** Hold the item you are cutting firmly with one hand. Make sure to tuck your fingers in/curl them under, so your fingers are not sticking out when the blade comes down. Use your other hand to firmly grasp the knife. Cut in a slow sawing motion.

If you cut yourself:

1. Stay calm and put your knife on the cutting board.
2. Cover the cut tightly with your other hand and WALK to your parent.
3. Your parent will look at it, give you a paper towel and have you wash your hands.
4. Dry your hands and come back with it wrapped in a paper towel and the teacher will get you a band-aid.
5. You will need to throw out what you were cutting and get a new knife and clean cutting board.

Don't YUCK my YUM! We don't use negative words like gross, disgusting, or yuck to describe food.

Everyone likes and dislikes different things, so be adventurous and try it! Find a nice and respectful way to turn down food. (No thank you, it's not my favorite, I don't care for it.)