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CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: KNIFE SAFETY



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The University of Mississippi, School of Applied Sciences
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TRAINING OVERVIEW

The Culinary Quick Bites training series is a tool to help child nutrition professionals develop and refine their culinary skills. Each lesson is designed to last approximately fifteen minutes. Each lesson should be facilitated (led) by the person responsible for overseeing food production at a meal site, service area, or the district level.

Training facilitators should review the training, in its entirety, prior to conducting the training.

This training has been developed to address a variety of learning styles. The training includes an overview of the topic presented by the facilitator, an infographic to reinforce the training topic visually, a video to demonstrate the topic, and an activity to reinforce learning.

Please contact the Institute of Child Nutrition Help Desk at 1-800-321-3054 or helpdesk@theicn.org if you have any questions about how best to facilitate this training.

KEY AREA

Key Area: 2 – Operations

PROFESSIONAL STANDARDS

FOOD PRODUCTION – 2100

Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.

2130 – Develop culinary skills necessary for school meal preparation.

FACILITATOR'S NOTES

This training counts for 15 minutes of training credit under USDA Professional Standards learning objective 2130 – Develop culinary skills necessary for school meal preparation.

The activity at the end of the lesson involves setting up a workstation, instruction on the parts of a knife, and how to hold and use them safely. This activity helps reinforce knowledge and skills learned during this lesson. This information will be useful in everyday kitchen activities.

Before the training, prepare for the lesson activity and set up the kitchen workstation as described on page 11.

Deliver the lesson/training to participants:

- Read the lesson overview to the participants.
- Discuss the infographic and how it relates to the training topic.
- View the instruction video with participants.
- Answer any questions participants may have on the lesson, infographic, and video.
- After reviewing the infographic and video, there will be an activity to reinforce skills learned.



MATERIALS NEEDED

- Anti-slip Mat – 1 per person
- Cutting Board – 1 per person
- Chef Knife – 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: Knife Skills Safety & Cutting Workstation – 1 per person
- Access to a screen to show the training video. Possible options include:
 - Site computer monitor with sound
 - Projector with sound
 - Tablets and smartphones
 - A QR code has been provided for quick access to the video on handheld devices.

LESSON OVERVIEW

OBJECTIVE:

Recognize how to utilize knives in a food production setting safely.



PARTS OF THE KNIFE

- There are two main parts of the knife, the **blade** and the **handle**. The blade is made up of the spine, the tip, the edge, and the heel. The handle includes the bolster and the butt.
- The **spine** is the top of the blade, opposite the edge. It is the thickest part of the blade.
- The **tip** or point of the knife is where the spine and the edge of the knife come together. The tip may be used for piercing into foods or for intricate, detailed work.
- The **edge** of the knife is the part of the knife used for cutting through food. The edge of the knife is comprised of microscopic teeth that need to be aligned to maintain a sharp edge.
- The **heel** of the knife is the rear part of the knife, opposite of the point. The heel of the blade is closest to your hand because that is where you have the most force to cut with ease.
- Behind the heel is the **bolster**; the bolster is the area that joins the blade and handle together. The bolster helps to balance the knife. Knives with even weight distribution perform better and reduce fatigue for the user. Balancing the knife from the bolster is a method to identify even weight distribution.
- The **handle** can be made from a variety of materials. The important things to look for are a comfortable grip, even weight distribution, and that the knife is National Sanitation Foundation (NSF) approved. Knives with wood handles are not recommended for use in commercial kitchens for food safety and sanitation reasons.
- The **butt** of the knife is the end of the handle.

LESSON OVERVIEW

KEY MESSAGES

- When setting up cutting stations, use only NSF-approved cutting boards and place a damp paper towel or anti-slip mat between the work surface and the board to prevent the board from slipping or moving. You may be able to find cutting boards that have rubber grips on the corners to prevent slipping.
- ***A best practice is to use an anti-slip mat. These can be purchased commercially; they are nonporous, which aids in preventing cross-contamination/cross-contact issues, and they are dishwasher safe.***
- To reduce fatigue and better control the task at hand, position your body in an athletic stance (feet shoulder width apart and knees slightly bent) while working.
- Never work over a garbage can. It's unhygienic and unsafe, and if the food slips from your hand, it is now wasted. Always work over a clean and sanitized work surface with a waste pan at the ready to collect scraps.

KNIFE SAFETY SKILLS AND CUTTING STATION

- Utilizing the infographic, review the process for setting up a cutting station and knife safety acronym.
- Review the embedded training video.

After we review the infographic and video, there will be an activity to reinforce skills learned.

Culinary Quick Bites

KNIFE SKILLS

KNIFE SAFETY



Securely hold the knife

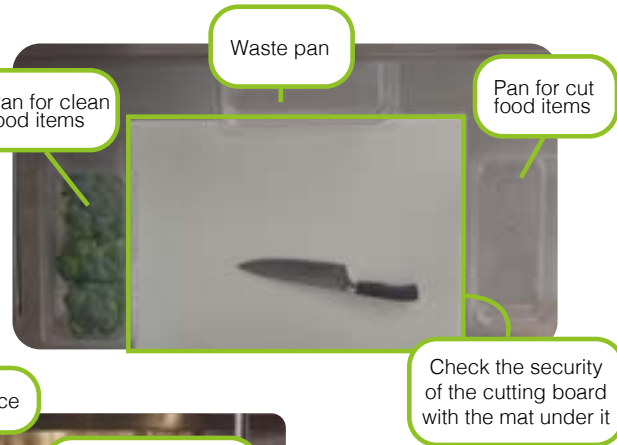
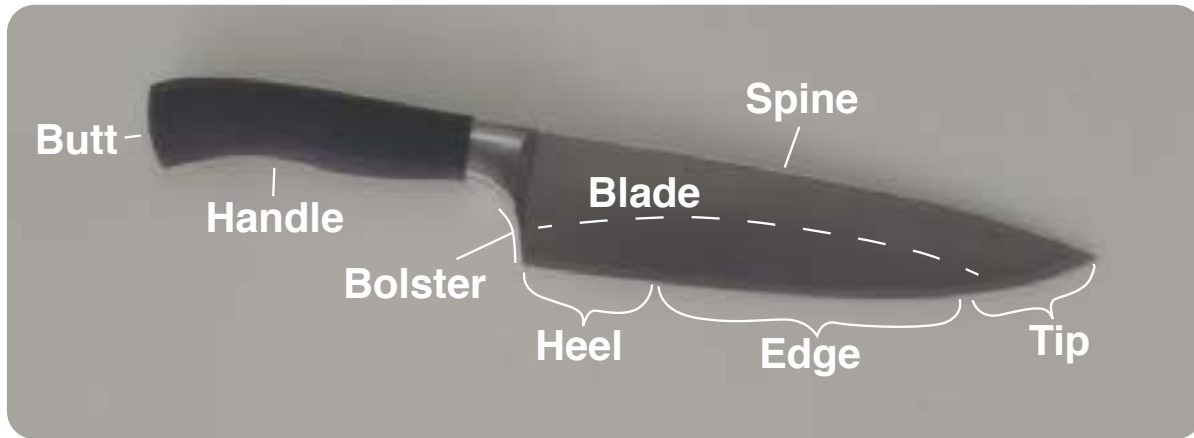
Anchor cutting boards

Fingertips curled back like a claw

Eyes on the knife

Take your time

Yield to falling knives





CULINARY QUICK BITES

Knife Skills: Knife Safety

[WATCH THE VIDEO](#)

<https://vimeo.com/724527611/598da00a8a>

QR CODE

Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.

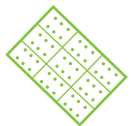


ACTIVITY

Each participant will set up a cutting station.

SETUP

MATERIALS:



Anti-slip Mat
– 1 per person



Waste pan
– as needed



Infographic:
Knife Skills
Safety & Cutting
Workstation
– 1 per person



Cutting Board
– 1 per person



Food pan
– as needed



Chef Knife
– 1 per person



Cut food items pan
– as needed

NOTE: If your site does not have enough materials for all participants to complete the activity simultaneously, divide participants into groups based on your materials. Allow enough time for each participant to complete the activity.

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Pre-wash the produce that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife.
- 2** During the activity, remember to monitor and observe staff as they practice their culinary skills.

ACTIVITY

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

Practice setting up a cutting station. Follow the steps on how to set up a cutting station:

- 1** Refer the participants to the infographic. Then read the instructions for the activity. Ask the participants if there are any questions before beginning the activity.
- 2** Instruct all participants to wash their hands and put on single-use gloves before starting the activity.
- 3** Start with a work surface that is near waist level.
- 4** Use an anti-slip mat or damp side towel, placed flat on the work surface.
- 5** Place an NSF-approved cutting board on top of the mat/cloth.
 - i) You may also use cutting boards with rubber grips already attached.
- 6** Place both hands on board to check for security.
- 7** Place pans on the station to show workflow – never work over a garbage can.
 - i) Pan of food to be processed
 - ii) Waste pan
 - iii) Processed food pan

POST ACTIVITY

- After completing the hands-on activity, recap the lesson with the participants. Offer an opportunity for participants to share their learning experience during the training and highlight any tips or takeaways they want to share with the group.
- If time allows, facilitate a discussion with the participants. Suggested discussion topics include:
 - Ask participants to recall the parts of the knife.
 - Ask participants to describe how they will implement knife safety in their daily activities.
- Ask if the participants feel more comfortable with knife safety or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.



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