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CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: TYPES & USES



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KNIFE SKILLS: TYPES AND USES

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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 identifying knife types and uses. The matching activity will help reinforce knowledge and skills learned during the lesson.

Before the training, print the worksheet on page 12 for the lesson activity, based on the number of participants.

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.

Complete the activity as instructed on page 12.



MATERIALS NEEDED

- Worksheet: Knife types and Uses – 1 per person
- Pens or pencils – 1 per person
- Infographic: Knife Types and Uses – 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:

At the end of this lesson, participants will be able to identify the types and uses of knives most commonly used.



TYPES OF THE KNIVES

- A **chef knife** is the primary knife that should be used for most tasks.
 - Some may refer to a chef knife as a French knife.
 - The chef knife is an all-purpose knife used for chopping, slicing, and mincing tasks.
 - The blade is curved to allow the user to slice using a rocking motion.
- The **paring knife** is a much smaller knife with a blade length averaging two to four inches.
 - Paring knives are used for small, intricate detail work such as hulling tomato and strawberry stems.
 - Paring knives should never be used for large jobs. Using the wrong knife can result in injuries that may not be immediately noticeable.
- **Serrated knives** are specialized knives with a tooth-like edge.
 - Serrated knives have pronounced teeth that help penetrate firmer foods with soft interiors by using a back-and-forth motion to cut through the product. The teeth of the knife gently slice through softer food items minimizing the damage that may come from applying downward pressure from other types of knives.
 - Serrated knives are ideal for cutting tomatoes, soft fruits like peaches, loaves of bread, sandwiches, and wraps.

LESSON OVERVIEW

KEY MESSAGES

- Using the correct knife can prevent muscle fatigue and reduce your risk of serious injury.
- ***A best practice is to purchase only National Sanitation Foundation-approved knives for your operation to ensure your knives meet industry standards.***
- Knives from home should never be brought into school kitchens. Providing staff with the proper equipment and tools to complete their tasks is the responsibility of the program leadership team.

TYPES AND USES

- Utilizing the infographic, review the types of knives and their use.
- 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 TYPES

Chef's Knife

Primary all-purpose knife used for most tasks including chopping, slicing and mincing.

Can be used for almost every cutting task in the kitchen, from cutting chicken to chopping carrots.



Paring Knife

Knife with 2" to 4" blade used for small, intricate detail work, NOT large jobs.

Paring knives are used for small, detailed work such as hulling tomato and strawberry stems.

Can be used for cutting and peeling fruits and vegetables, and trimming excess fat with great precision.



Serrated Knife

Knife with tooth-like edge to help cut through foods with soft interiors by using a back-and-forth motion.

A specialized knife with a tooth-like edge.

Ideal for cutting tomatoes, soft fruits like peaches, loaves of bread, sandwiches, and wraps.



CULINARY QUICK BITES

Knife Skills: Types and Uses

[WATCH THE VIDEO](#)

<https://vimeo.com/695264374/bf96e52f8e>

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 work on the worksheet.

SETUP

MATERIALS:



Worksheet: Knife Types and Uses
– 1 per person



Pens or pencils
– 1 per person



Infographic: Knife Types and Uses
– 1 per person

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity.
- 2** During the activity, remember to monitor and observe staff as they complete the worksheet.

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

Each participant will complete the matching activity on the worksheet to determine which type of knife would be used for each task.

WORKSHEET: KNIFE TYPES AND USES

INSTRUCTIONS:

Determine which type of knife would be used for each task.

Chef Knife



Paring Knife



Serrated Knife



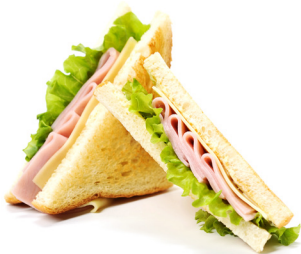
Cutting pineapple



Slicing tomatoes



Hulling strawberries



Slicing sandwiches



Slicing cucumbers



Mincing garlic

ANSWERS TO MATCHING ACTIVITY:

- Cutting pineapple – chef knife
- Slicing tomatoes – serrated knife
- Hulling strawberries – paring knife
- Slicing sandwiches – serrated knife
- Slicing cucumbers – chef knife
- Mincing garlic – chef knife

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 three most common types of knives.
 - Ask participants to describe how they will determine which knife to use the next time they need to use a knife to cut foods.
- Ask if the participants feel more comfortable with the different types of knives 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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