



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: HOW TO CUT A WATERMELON



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KNIFE SKILLS: HOW TO CUT A WATERMELON

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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 cutting a watermelon. This activity helps reinforce knowledge and skills learned during this lesson. The watermelon prepared during this lesson may be included in the next day's menu production.

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.

Complete the activity as instructed on page 11.

MATERIALS NEEDED



- Anti-slip mat – 1 per person
- Cutting board – 1 per person
- Chef knife – 1 per person
- Washed watermelon – at least 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Cut A Watermelon – 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 demonstrate how to cut watermelon.

BACKGROUND INFORMATION ON WATERMELON

- Watermelons originated from West Africa.
- Watermelons grow on the ground, so be sure to wash them thoroughly before cutting.
- Remove all of the outer skin and any white or light green parts.
- Watermelon is fat-free, cholesterol-free, and sodium-free.
- Watermelons have several health benefits as they are packed with nutrients, including vitamin A, vitamin C, and potassium.

USES

- Watermelons are usually consumed raw.
- They can be served as a part of fruit salads, refreshing juices, or on salad bars.

HOW TO CUT A WATERMELON

- Utilizing the infographic, review the process for cutting a watermelon.
- 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

HOW TO CUT A WATERMELON

CUBE

1



Lay the melon on its side and remove each end.

2



Stand the fruit on one of the cut ends to prevent it from rolling. Remove the skin by running the blade from top to bottom, following the natural curvature of the melon.

3



Slice watermelon in half around the "equator".

4



Working with one half at a time, place cut-side down on the cutting board. Make evenly-spaced horizontal slices through the melon.

5



Cut evenly-spaced slices down through the horizontal layers.

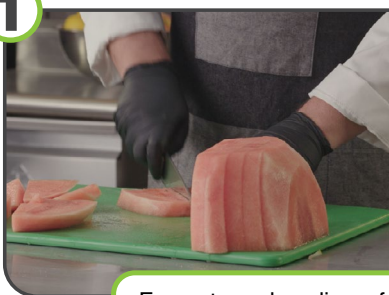
6



Rotate watermelon 90 degrees and cut across previous slices to create watermelon cubes.

SLICE

1



For watermelon slices, follow steps 1-3 above. Then cut each half vertically only,

2



Cut each half into smaller slices as desired.

CULINARY QUICK BITES

Knife Skills: How to Cut a Watermelon

WATCH THE VIDEO

<https://vimeo.com/695263980/e610ed47af>

QR CODE

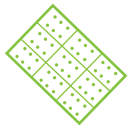
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Washed watermelon
– at least 1 per person



Food pan
– as needed



Cutting board
– 1 per person



Waste pan
– as needed



Infographic:
How to Cut a
Watermelon
– 1 per person



Chef knife
– 1 per person

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 watermelons that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and a watermelon.
- 2** During the activity, remember to monitor and observe staff as they practice their culinary skills.

ACTIVITY

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

- 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** Each participant will cut a watermelon. Using one-half of the watermelon, participants will cut slices. Using the other half of the watermelon, participants will make cubes.
 - Instruct participants to take their time and practice their cuts carefully.
 - Discard waste.

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 their thoughts as to which way would be best to cut the watermelon for their students.
 - Ask participants in what form or dishes would their students enjoy seeing cut watermelon on menus.
- Ask if the participants feel more comfortable cutting a watermelon 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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