



Manager's Corner

Knife Skills: Types of Knives

PROJECT COORDINATOR

Patrick Butler

EXECUTIVE DIRECTOR

Aleshia Hall-Campbell, PhD, MPH



NUTRITION



OPERATIONS



ADMINISTRATION



COMMUNICATIONS/
MARKETING

Institute of Child Nutrition

The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2019, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

Institute of Child Nutrition. (2019). *Manager's corner: Knife skills: Types of knives*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org.

November 22, 2019

Table of Contents

Professional Standards	1
Introduction	1
Lesson Overview.....	2
Questions for Staff.....	2
Activity: Knife Types	3
References.....	6

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 – Culinary Skills

Develop culinary skills necessary for school meal preparation.

Introduction

Manager's Corner: Knife Skills: Types of Knives is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes. This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

Lesson Overview

Instructions for lesson:

- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

Objective: Discuss the types of knives most commonly used in school kitchens.

Background information: Knives are designed to do very specific jobs and are uniquely important to the preparation of a variety of items in the school kitchen.

Why it is important: Knowing the purpose of a knife and using it correctly will speed up prep time and help ensure foods are cut into similar shapes and sizes. Consequently, food will cook more evenly throughout the dish.

Questions for Staff

- **What is the knife that can be used when cutting vegetables or meat?**
Answer: A chef's knife can be used when cutting vegetables or meat.
- **What knife can be used for small tasks like peeling fruits or vegetables?**
Answer: A paring knife is used for small tasks like peeling fruits or vegetables.
- **What foods can be cut using a bread/serrated knife?**
Answer: Bread/serrated knives can be used for cutting soft fleshed fruits, vegetables, and bread.

Please note: The answers provided are only examples and are not an inclusive list of possible responses.

Activity: Knife Types

Activity materials included in this document:

No supplemental materials are required for this activity.

Materials provided by the school nutrition operation:

- Copies of handouts
- Chef's knife
- Paring knife
- Bread/serrated knife
- Cutting board
- Seven self-adhesive notes
- Pens/Pencils
- **Optional** Meat cleaver
- **Optional** Utility knife

Activity Instructions:

- Print the handouts.
- Discuss the types of knives used in your kitchen.
- Gather supplies.
- Arrange the types of knives (chef's knife, paring knife, bread/serrated knife, meat cleaver, and utility knife) used in the kitchen on cutting board.
- Place a self-adhesive note with the knife's name on the cutting board under each knife.
- Ask participants to gather around for the lesson.

Knife Types



Chef's knife: The chef's knife is the most common knife used in the kitchen. The chef's knife has a large blade and helps to slice, dice, and chop easily.



Paring knife: The paring knife is best used to peel fruits and vegetables or other small tasks.



Bread/serrated knife: The bread/serrated knife is best used on breads, soft fleshed fruits or vegetables because of the serrated edge. The tooth like edge helps to easily slice without damaging the food item that is being cut. When using this knife, a sawing motion will help to cut the product without damaging the food.

Knife Types, continued



Meat cleaver: The meat cleaver is sharp and great for slicing through ribs, bones, and thick cuts of meat.



Utility knife: The utility knife is great for coring fruits and vegetables and trimming excess fat.

References

The Culinary Institute of America. (2011). *The professional chef (9th Ed.)*. Hoboken, New Jersey: John Wiley & Sons, Inc.

United States Department of Agriculture. (2015). *Professional standards for school nutrition professionals*. Retrieved from <https://www.fns.usda.gov/school-meals/professional-standards>



The University of Mississippi
School of Applied Sciences

800-321-3054
www.theicn.org