



Manager's Corner

Knife Skills: Safety

PROJECT COORDINATOR

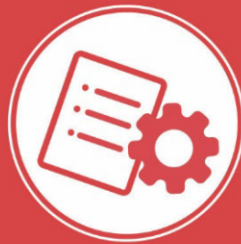
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PURPOSE

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.

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Table of Contents

Professional Standards	1
Introduction	1
Lesson Overview.....	2
Questions for Staff.....	2
Activity: Knife Carrying	3
References.....	4

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: Safety 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: Describe good knife safety practices and demonstrate how to carry a knife properly.

Background information: Knives are an essential item in every school nutrition kitchen. Knowing how to properly hold and use them can help minimize injuries and reduce lost productivity.

Why it is important: Knife safety skills help reduce potential work-related accidents.

Questions for Staff

- **What are some good knife safety practices?**

Answer: Potential responses may include:

- Avoid placing unattended knives in the sink.
- Practice proper cutting techniques.
- Curl fingers into a claw when cutting.
- Keep the knives sharp.
- Keep knives clean.
- Store knives correctly.
- Hold knives properly.
- Carry knives properly.
- Do not try to catch falling knives.
- Do not point knives toward anyone.

- **How do you carry a knife from one area to another?**

Answer: Carry the knife pointing downwards with the sharp edge pointing behind you directly by your side.

- **Why is knife safety important?**

Answer: To help reduce potential workplace-related accidents

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

Activity: Knife Carrying

Activity materials included in this document:

No supplemental materials are required for this activity.

Materials provided by the school nutrition operation:

- One knife for trainer and one for participant

Note: Disposable knives may be used for this activity.

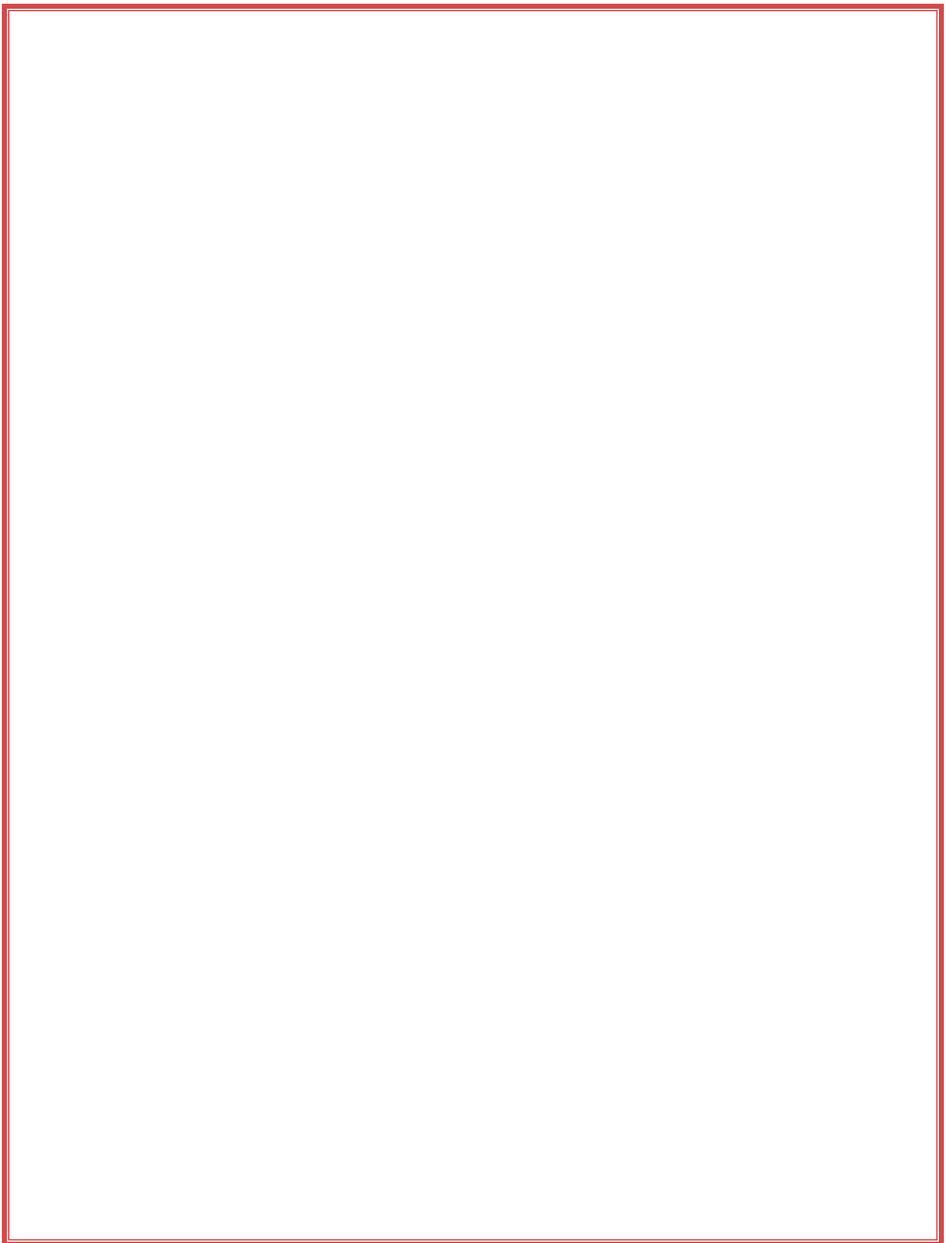
Activity Instructions:

- Collect the knives to be used for the demonstration.
- Ask participants to gather around the worktable to start the demonstration.
- Demonstrate to employees how to properly carry a chef's knife.
 - Carry the knife by the handle.
 - Carry the knife pointing downwards with the sharp edge facing behind you directly by your side.
- Participants will demonstrate one at a time how to carry a knife.
 - Allow the first participant to pick up the knife, and ask them to correctly hold the chef's knife and walk a short distance.
 - When the participant returns with the knife, ask the participant to place the knife on the worktable.
 - Have the next participant pick up the knife by the handle from the worktable.
 - Have each participant complete the knife carrying activity.
- After all participants have completed the activity, discard all disposable knives or wash, rinse, and sanitize knives.

References

Ahmed, S. (2017). *The basics of knife skills*. Virginia Tech Prince William County Extension Office. Retrieved from https://pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/FST/FST-268/FST-268.pdf

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