

# Manager's Corner

## Knife Skills: Safety

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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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## 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:**

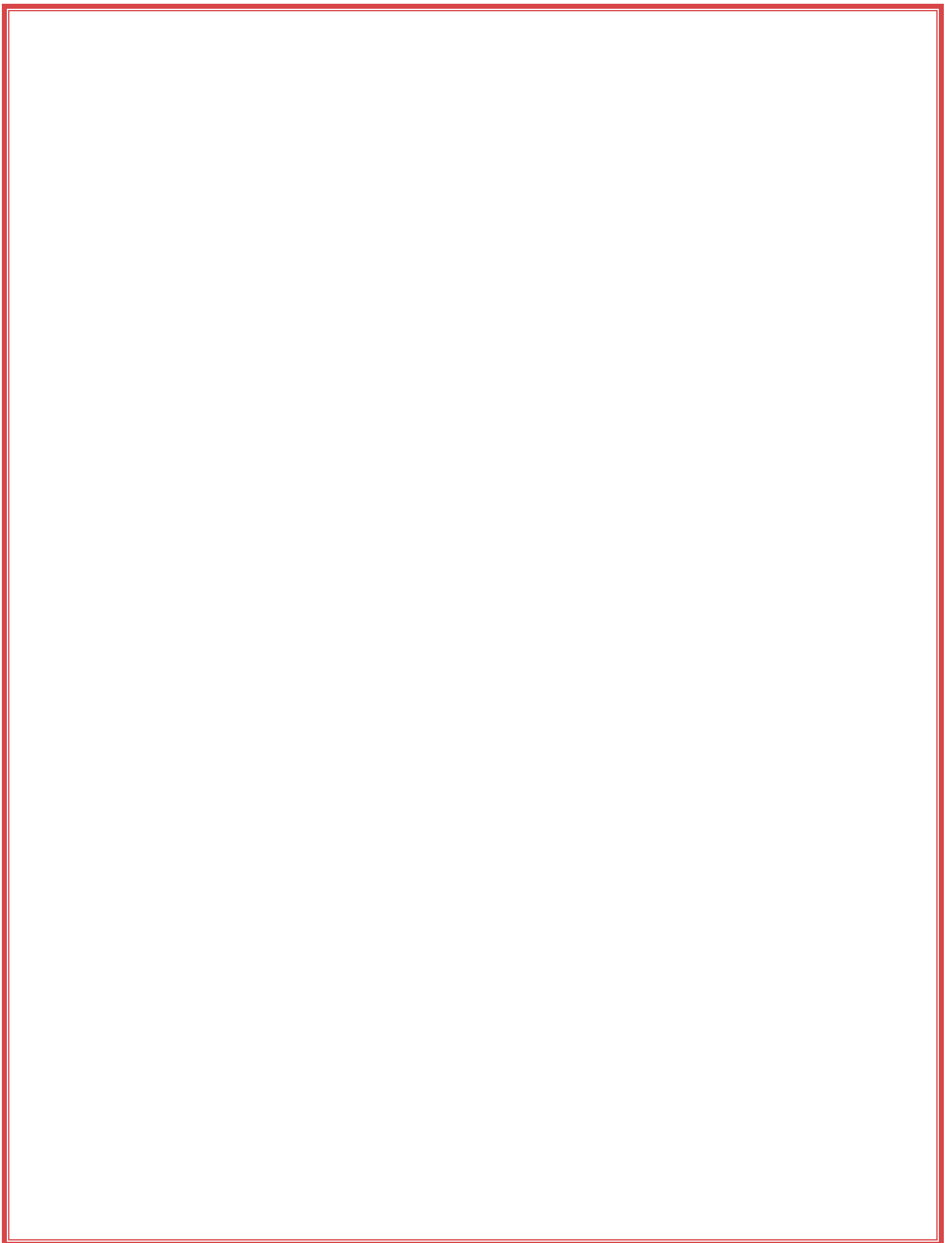
- Collect the knives to be used for the demonstration.
- Ask participants to gather around the worktable to start the demonstration.
- Demonstrate to employees how to properly carry a chef's knife.
  - Carry the knife by the handle.
  - Carry the knife pointing downwards with the sharp edge facing behind 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](https://pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/FST/FST-268/FST-268.pdf)

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