

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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Table of Contents

Professional Standards	1
Introduction	1
Lesson Overview—Questions	3
Activity	4
References	5

Professional Standards

Culinary Skills - 2130

Develop culinary skills necessary for school meal preparation.

Introduction

Manager's Corner: Knife Skills: Safety is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. This resource is one of a continuous set of training resources designed to give directors/managers an easy-to-use lesson plan for training staff in various topics. *Manager's Corner: Knife Skills: Safety* provides a method for training using many of the Institute of Child Nutrition's resources. Every lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- additional resources to strengthen or refresh the knowledge of the manager.

Lesson Overview-Questions

Objective: Participants will be able to describe good knife safety practices and demonstrate how to carry a knife properly.

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

Materials:

- One knife for trainer and one for participant.

Note: Disposable knives may be used for this activity.

Instruction:

Ask the staff to answer the questions included in this training. Facilitate the activity.

Questions for the 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,
- Follow safe handling procedures with knives,
- Do not try to catch falling knives, and
- 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 accident.

Activity

Knife Carrying 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.

Chef's Knife carrying activity:

- Ask participants to demonstrate how to carry a knife one at a time.
- Allow the first participant to pick up the knife, and ask them to correctly hold the kitchen knife and walk a short distance.
- When the participant returns with the knife, ask the participant to place the knife on the work table.
- Have the next participant pick up the knife by the handle from the work table.
- 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

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