



- **Classroom knife recommendations:**

- Chef style knife to be used by adults only
- Round tip metal steak knives suitable for grades (3)4-5
- Sturdy plastic picnic cutlery or plastic pumpkin carving knife for K-3

- **Students should always be supervised while using knives.**

- Wash knives and cutting boards with warm soapy water and dry well before and after use.
- Children should use knives only after they have had plenty of practice under the watchful eye of an adult.
- If a student plays with a knife, the student should be excluded from cutting activity.

Demonstrating Knife Technique for Children

1. Explain that you are going to train them how to cut like “real chefs” and that they need to pay attention in order to be safe.
2. Demonstrate:
 - A. When carrying a knife, always have the blade point DOWN.
 - B. NEVER pass a knife from person to person; instead, set knife down on a flat surface for the other person to pick up
3. Demonstrate CLAW & SAW technique:
 - A. Hold up your left hand palm down. Bend your fingers at the second joint to form a right angle and tuck your fingertips in. Show the kids your *claw*.
 - B. Have the class show you their *claws*.
 - C. Explain that cutting is only done:
 1. On a hard surface (cutting board)
 2. While you focus (watch) on the knife and your fingers
 3. When the teacher gives you instructions
 - D. Demonstrate the saw method.
 1. Explain that this method keeps the knife blade away from your fingers.
 2. Form left hand into claw, wrapped around carrot. Tuck your thumb around the carrot, so the vegetable sticks out the side of your fist.
 3. Take a round tipped steak knife and demonstrate a sawing motion. Students should not chop or lift blades while cutting.
 - E. Reminders:
 1. Keep hands dry! Knives can slip in wet hands.
 2. Never cut toward your body or fingers.
 3. Follow knife safety rules regardless of type of knife (chef knife or plastic cutlery).
 4. Match the type of knife used to the food that the children will be cutting, i.e. carrots are difficult to cut with a plastic knife.