



- **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've had plenty of practice under the watchful eye of an adult.
- ***If a student plays with a knife, the student needs to 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 to be safe.
2. Demonstrate:
 - A. Carrying a knife with the blade point DOWN.
 - B. NEVER passing a knife from person to person. 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. Kids should not chop or lift blades while cutting.
 - E. Reminders:
 1. Keep hands dry! Slippery hands can cause cuts.
 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. For example, carrots are difficult to cut with a plastic knife.