

Safe Knife Skills and Food Prep Practice

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will practice safe, age-appropriate cutting techniques on soft foods to build basic food preparation skills.

MATERIALS NEEDED

- butter knife or kid-safe paring knife
- cutting board
- soft foods to practice on (banana, soft cheese, cooked pasta noodle, or strawberries)
- plate
- notebook paper and pencil
- adult supervision

HANDS-ON ACTIVITY

1. With an adult present, review the 'claw grip' technique: curl your non-cutting hand's fingertips under and use your knuckles (not fingertips) to guide the knife safely while cutting.
2. Place your soft food (e.g., a banana) on a cutting board and practice cutting it into even slices using the claw grip, aiming for consistent thickness.
3. Practice cutting a second soft food (e.g., soft cheese or a strawberry) into small, even cubes or pieces.
4. Arrange your cut foods attractively on a plate to create a simple snack platter, using at least 2 different foods you practiced cutting.
5. Write a short self-evaluation (3-4 sentences): were your cuts even and consistent? What would you do differently next time?

QUESTIONS

1. What is the 'claw grip,' and why is it an important safety technique when cutting food?
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2. Why is it safer for beginners to practice cutting skills on soft foods before moving to firmer foods like raw carrots or onions?
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3. How consistent were the thickness of your slices, based on your self-evaluation?

4. What is one thing you would do differently next time to improve your cutting technique?
