

Using a Knife Safely

Create A Flat Surface

Slice round or wobbly food in half (or slice off a small piece on one side) to create a flat surface. Lay the flat side down on your cutting mat.

Knife Tip Down

Keep the tip of the knife on your cutting mat. Lift and lower the handle to cut or slide knife down and back to saw.

The Claw



Curl your fingers toward your palm making a "CLAW" to hold food in place.

Slice

to slice into
strips or pieces

Chop

to cut into
irregular pieces

Dice

to cut into small
cubes of uniform
pieces

Mince

to cut into
very small pieces

