

# Using a Knife Safely

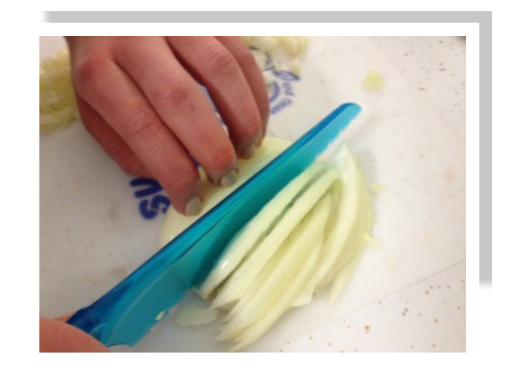
### Create A Flat Surface

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



