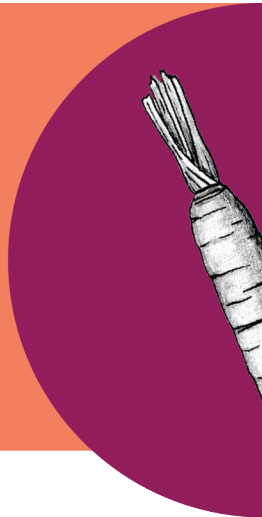


THE **EDIBLE**
SCHOOLYARD
PROJECT



KNIFE SKILLS: KNIFE SAFETY

Student Name:

Summary: Do you want to learn and practice knife skills to improve your cooking? The first step towards that is learning how to work with knives safely. This short lesson will explain a few important practices that help keep you safe as you develop and practice your skills. You'll watch a short video and then answer a few questions about what you learned in the video. Then you'll practice what you've learned and prepare a simple snack of cut vegetables.

Time: 30 minutes

Before you get started:

- Check in with an adult at home before using a knife.

Materials

- Knife
- Cutting board
- Cucumber, bell pepper, or celery



KNIFE SKILLS: KNIFE SAFETY

WATCH: View the "[Knife Safety Demonstration](#)" video from The Edible Schoolyard. If you need to type in the URL you can find it in the references at the bottom.

RESPOND:

List three practices named in the video that keep you safe while working with knives. For example, not cutting towards yourself.

1.

2.

3.

Which of the practices feels most important to you?

If you were supporting a younger student to use a knife, what would you want to tell them?

DO: Get a knife and cutting board and cut some vegetables into sticks to enjoy as a snack. Try celery, bell peppers, or cucumbers to start, as they are softer and easier to cut than carrots.

Student Notes: Now that you have learned some knife safety practices, you are ready to start learning and practicing your skills. Check out these lessons to learn some knife skills!

- [The Perfect Slice](#) - You'll learn to pay attention to your craft through slicing onions.
- [Knife Skills: Mincing](#) - Learn how to finely cut fresh herbs and aromatics and make some gremolata.
- Mix up some [Yogurt Sauce](#) to complete your snack.

References:

Schoolyard Project (2020 May, 8). *Knife Safety Demonstration*. [Video]. Retrieved from <https://youtu.be/T4Q2RepMcI1>

Teachers and Parents Notes:

- This activity asks students to practice using tools and develop skills in the kitchen
- This activity supports students in becoming more confident in the kitchen.
- If your child is not used to using knives, we recommend supervising and supporting them as they develop their skills.
- Read [Supporting Students to Take Age-Appropriate Risk](#) to learn more about our approach to encouraging responsibility and independence in the kitchen for youth.
- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 1.4: The fourth lesson of Unit 1.