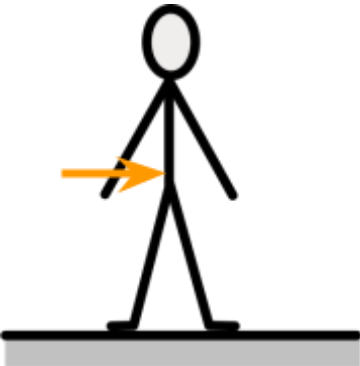
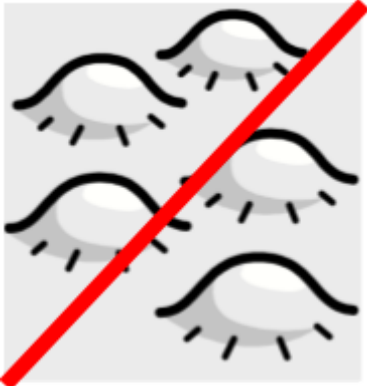
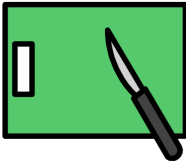
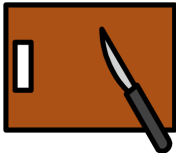
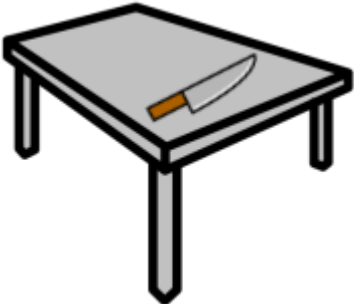
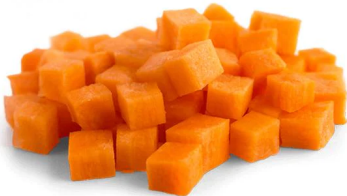


Knife Safety

		Salad and fruit  Vegetables 		
Stand up Lean on surface about waist height	Make sure the surface is flat	Use a clean chopping board	Do not walk around with a knife	Put knife flat on a table when not in use

Kitchen skills

			
Chop	Dice	Slice	Grated

Chopping Skills



Bridge Cut

**For curved foods
that won't balance**



Claw Cut

**For flat foods to make
sure they don't slip**

Peeling, Slicing and Dicing



→ Bridge cut and peel



- Claw cut
- Flat side down
- Vertical cuts
- 2cms from one end



- Claw cut
- Rotate onion by 90°
- Slice in the opposite
direction to the first cuts

Spreading



**Hold the pot with your
non-dominant hand**



**Hold the knife with your
dominant hand
Place your finger on top of the
blade to give you extra control**



**Place the knife into the surface
of the butter
Pull the knife across the butter**



**Twist the upwards, scooping
the butter on the knife**



**Hold the bread with your
non-dominant hand**



**Position the knife in the corner
of the slice
Tilt the knife slightly**



**With gentle pressure, move the
knife across the bread towards
the other hand**



**Repeat a little bit further down
Repeat until the whole slice is
covered**