Culinary 1 · Unit 6 · Level 2 (modified)

Knife Skills



TODAY'S PLAN

- 🔁 Last Time
- 🧰 Words to Know
- 🔪 Kinds of Knives
- 🦺 Knife Safety
- ✋ Grip and Claw
- 🥕 Knife Cuts
- 🍅 Lab Preview
- ✅ Check & Wrap-Up

Last Time · 5 minutes

Last Time



1️⃣ Name a **drupe**. 🍑

2️⃣ A carrot is which **part** of the plant? 🥕

3️⃣ Best way to cook vegetables? ♨️

Answers: peach, cherry, plum, avocado · root · steam: short time, little water

Learn

Words to Know



🔪 **Blade** = the cutting part. **Handle** = where you hold it.

🔩 **Tang** = the metal inside the handle. **Bolster** = the thick part between blade and handle.

🐾 **The claw** = curl your fingertips under on the food you hold.

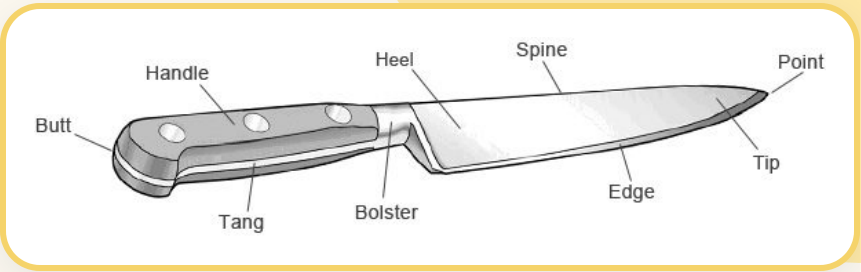
🎯 **Uniform** = all pieces the **same size**, so they cook the same.

Learn

Parts of a Knife

🔺 **Point / tip** · 🔪 **Blade** · ✂️ **Cutting edge**

👠 **Heel** · 🧱 **Bolster** · 🔩 **Tang** · 🔘 **Rivets** · ✊ **Handle**



🃏 Check 1 of 6



The metal that runs inside the handle is the…

Hold up 1, 2, or 3:

1️⃣ Point

2️⃣ Tang

3️⃣ Rivet



Tang

A good knife has a full tang, held in with rivets.

Learn

Chef's Knife

👩‍🍳 The **most used** knife in the kitchen.

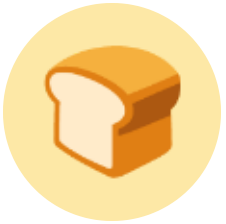
📏 8 to 14 inches long.

🥕 Chop, dice, mince, slice.



Learn

Other Knives



Serrated (bread) knife

teeth like a saw: bread, tomatoes



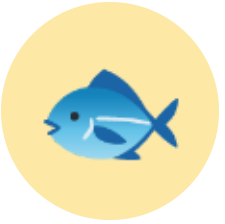
Paring knife

small: peel, cut out bad spots



Utility knife

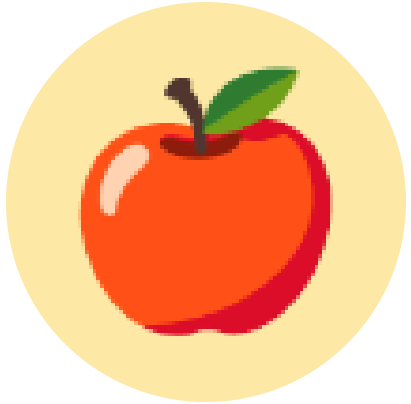
middle size: light jobs



Boning / filet knife

thin and bendy: meat, fish

🃏 Check 2 of 6



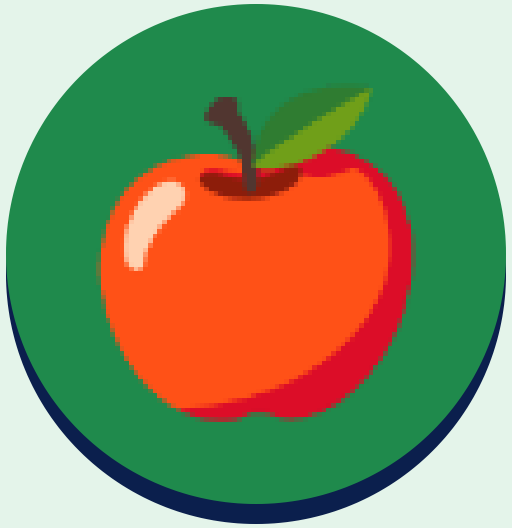
Which small knife peels fruit and cuts out bad spots?

Hold up 1, 2, or 3:

1️⃣ Bread knife

2️⃣ Chef's knife

3️⃣ Paring knife



Paring knife

Paring knives are small and easy to control.

Learn

Knife Safety



✨ A **sharp** knife is a **safe** knife. A **dull** knife slips!

🧻 Put a **wet towel** or non-slip pad under the cutting board.

🚫 Never try to **catch** a falling knife. Step back.

🫧 Never leave a knife in **soapy water**. Wash it and put it away.

🚶 Walk with the knife **point down**, by your side.

🎬 Video

Video: Knife Safety

Scan to watch

Blue Flame Kitchen (the class video)

👂 Listen for: what to do if a knife falls.

💬 Captions on

https://www.youtube.com/watch?v=LYZ1F8qSIBE

🃏 Check 3 of 6



Which is more dangerous?

Hold up 1, 2, or 3:

1️⃣ A dull knife

2️⃣ A sharp knife

3️⃣ They are the same

✅ Answer · Card 3 of 6



A dull knife

Dull knives slip off food. Sharp knives cut where you aim.

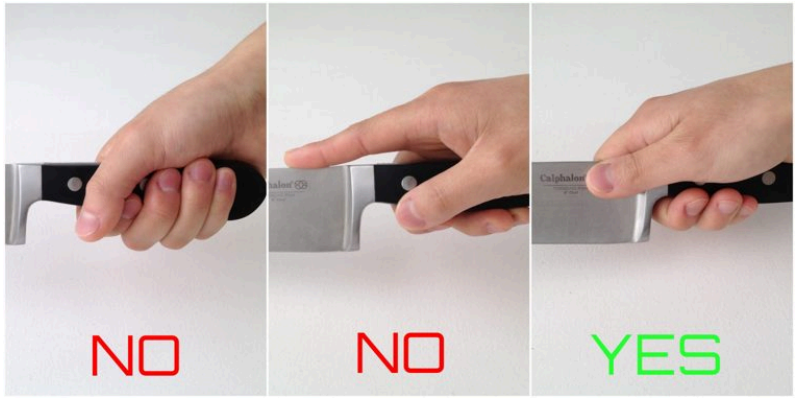
Learn

The Grip

✊ Hold the handle. **Pinch** the blade with thumb and pointer finger.

🚫 No finger on top of the blade.

🐢 Go **slow**. Safe and even first, fast later.



No · No · Yes

Learn

The Claw

🐾 Curl your fingertips **under**, like a claw.

👊 Your knuckles guide the blade.

🔪 Rock the knife: tip down, then glide **forward**.



🃏 Check 4 of 6



How should you hold the food you cut?

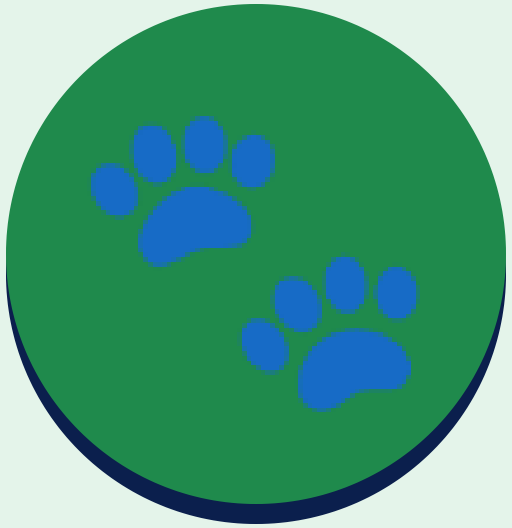
Hold up 1, 2, or 3:

1️⃣ Flat fingers

2️⃣ Thumb out

3️⃣ The claw

✅ Answer · Card 4 of 6



The claw

Curl fingertips under. Your knuckles guide the knife.

Learn

Knife Cuts: Slices and Sticks

🟠 **Rondelle** = round slices (carrot coins).

🍟 **Batonnet** = sticks the size of a **French fry**.

🥢 **Julienne** = thin **matchsticks**.

🥬 **Chiffonade** = thin ribbons of leaves (basil, lettuce).



Learn

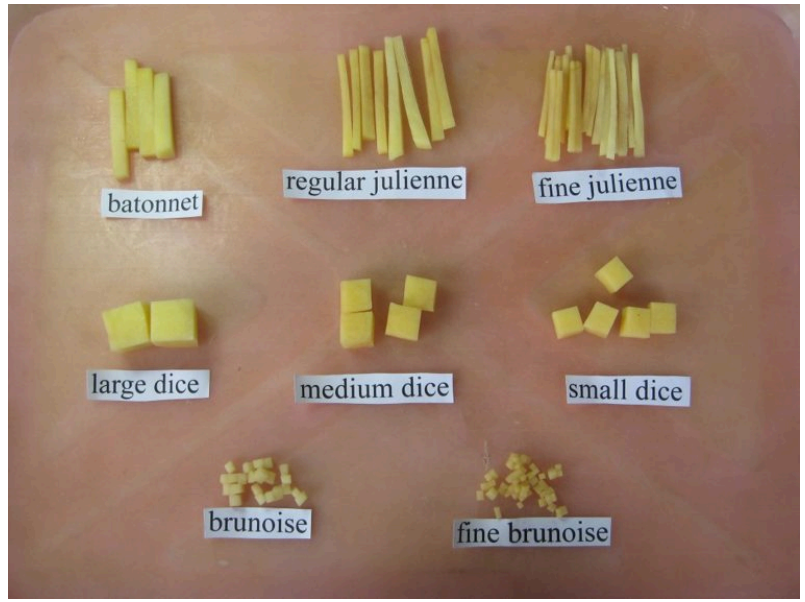
Knife Cuts: Dice, Chop, Mince

🎲 **Dice** = even **cubes** (large, medium, small).

🔹 **Brunoise** = the tiniest dice.

🪓 **Chop** = **uneven** pieces. Dice = even cubes.

🧄 **Mince** = the **finest** cut: garlic, herbs.



🎬 Video

Video: Dicing an Onion

Scan to watch

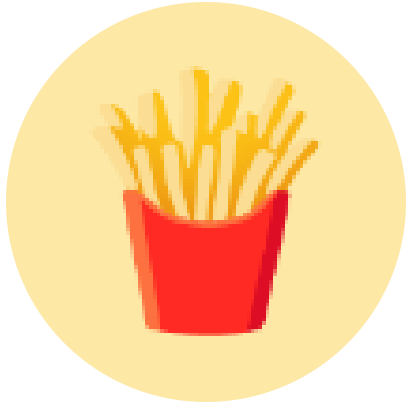
Gordon Ramsay (the class video)

👂 Listen for: where his fingers go.

💬 Captions on

https://www.youtube.com/watch?v=dCGS067s0zo

🃏 Check 5 of 6



Which cut is the size of a French fry?

Hold up 1, 2, or 3:

1️⃣ Mince

2️⃣ Batonnet

3️⃣ Rondelle

✅ Answer · Card 5 of 6



Batonnet

Batonnet = French fry. Julienne = matchstick.

Learn

Cutting Boards



🎨 Use **colored** boards for different foods:
🟥 raw meat · 🟩 vegetables.

🧼 Wash, rinse, and sanitize between foods.

🥣 Put a **scrap bowl** next to your board.

Lab

Lab Preview: Pico de Gallo

🧼 Wash hands. Apron on. Hair back.

🟩 Green board, wet towel under it, scrap bowl.

🍅 **Dice** the tomatoes. 🧅 **Chop** the onion.

🌶️ **Mince** the jalapeño (gloves!) and cilantro.

🥣 Mix, season, chill **15 minutes**.

Bring to your station

- 🃏 Picture recipe card
- ✅ Checklist on the card
- 🙋 Ask a partner or para for help

Wrap-Up

Recap

🔪 Knives

- Chef's knife = most used
- Paring = small
- Serrated = bread

🦺 Safety

- Sharp = safe
- The claw
- Don't catch a falling knife

🥕 Cuts

- Dice = cubes
- Julienne = matchsticks
- Mince = finest

Wrap-Up

Exit Ticket



1️⃣ Which knife is used most?

2️⃣ Show me the claw. 🐾

3️⃣ What is the finest cut?

⭐ Slow and safe!