

4-H Foods & Nutrition Wednesday

Week 3 Challenge

Knives & How to Cut Food

Start with a clean cutting board and a sharp knife. Always use knives under adult supervision.

Types of Knives

- Chef's Knife – has a broad, tapered shape and fine edge; good for chopping vegetables
- Paring Knife – has a short, pointed blade and is easy to handle; used for peeling, removing cores, etc.
- Serrated Knife – has a scalloped edge; used to slice soft foods such as bread, tomatoes, and cake

Ways to Cut Ingredients

- Slice – to cut into thin even pieces; grasp the food with your fingers and curl your fingertips to avoid cutting yourself; keep the tip of the knife on the cutting board and slice down through the food with a rocking motion
- Chop – to cut into small pieces; start by slicing; then gather the slices together in a pile, curl your fingertips to avoid cutting yourself, and cut through the slices; this will chop your food into smaller pieces; the closer the slices, the smaller the pieces of food will be
- Dice – to cut into small cubes; slice the food into strips; stack the strips and slice through them lengthwise into ¼ inch cubes (or larger depending on the recipe); keep your fingertips curled around the food to avoid cuts; dicing creates uniform pieces that cook evenly
- Mince – to cut into tiny pieces; slice the food into thin strips; stack the strips and slice through them lengthwise making tiny pieces; keep your fingertips curled around the food to avoid cuts; to mince herbs such as parsley or chives, use kitchen scissors to snip the herbs into small pieces

Additional Tips:

- If the food you are cutting is round, first slice the food in half, then lay the flat side of the food on the cutting board. This prevents the food from moving as you cut it.
- Always cut away from your body.
- If a knife starts to fall, jump back. Don't try to catch the knife.
- To avoid spreading germs: wash, rinse, and sanitize the cutting board after each use – especially when cutting meat, poultry, or seafood. To sanitize the cutting board, dilute one tablespoon of bleach in a gallon of water and use as the final rinse.

Recipes for making Farmers' Market Salsa and Vegetable Beef Soup are included on the Geary County 4-H webpage at https://www.geary.k-state.edu/4-h/virtual_foods_lessons.html.

Questions to think about:

What did you learn about using knives safely?

Why do you think it's important to be safe in the kitchen?

What are some examples of other times when safety is especially important?



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