



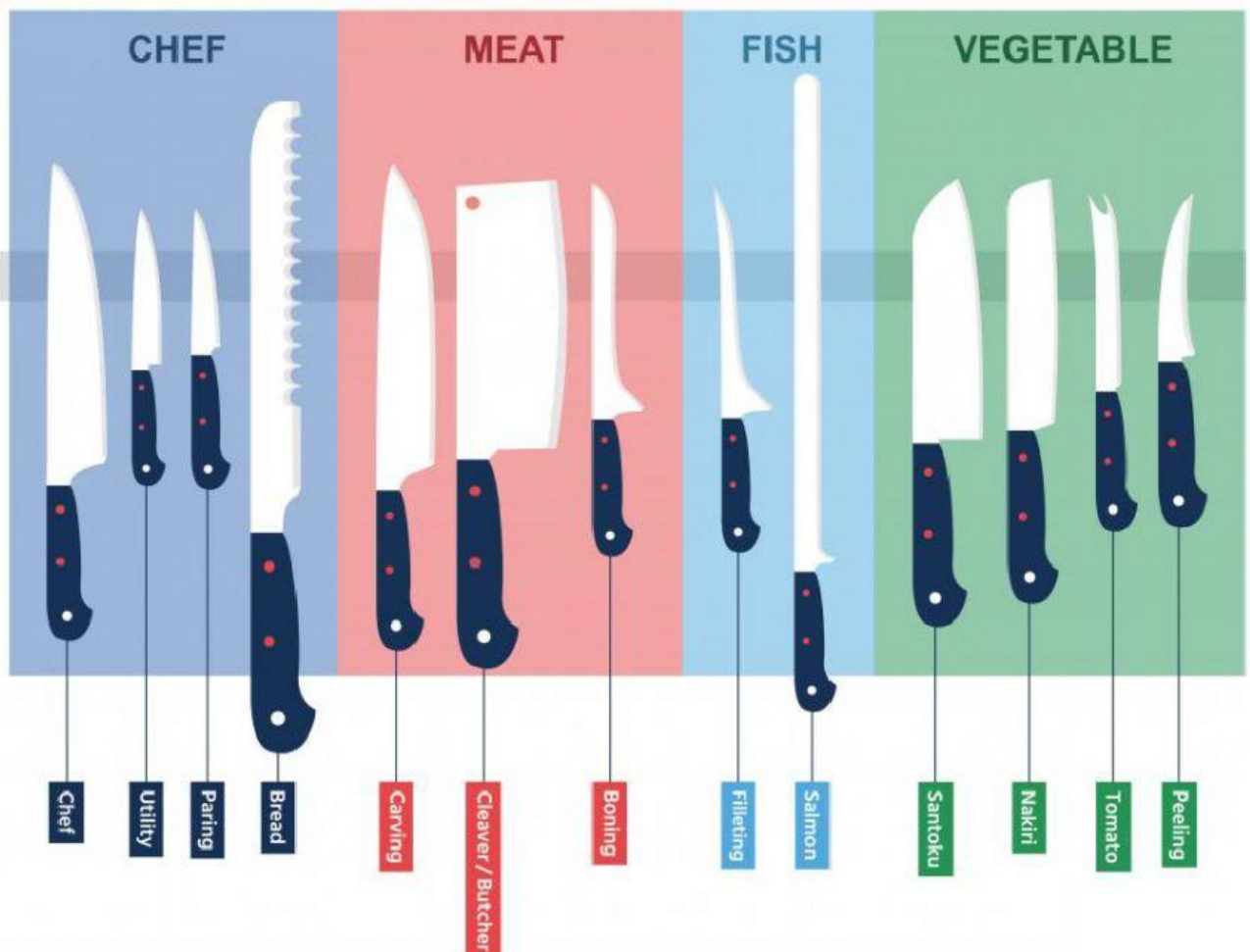


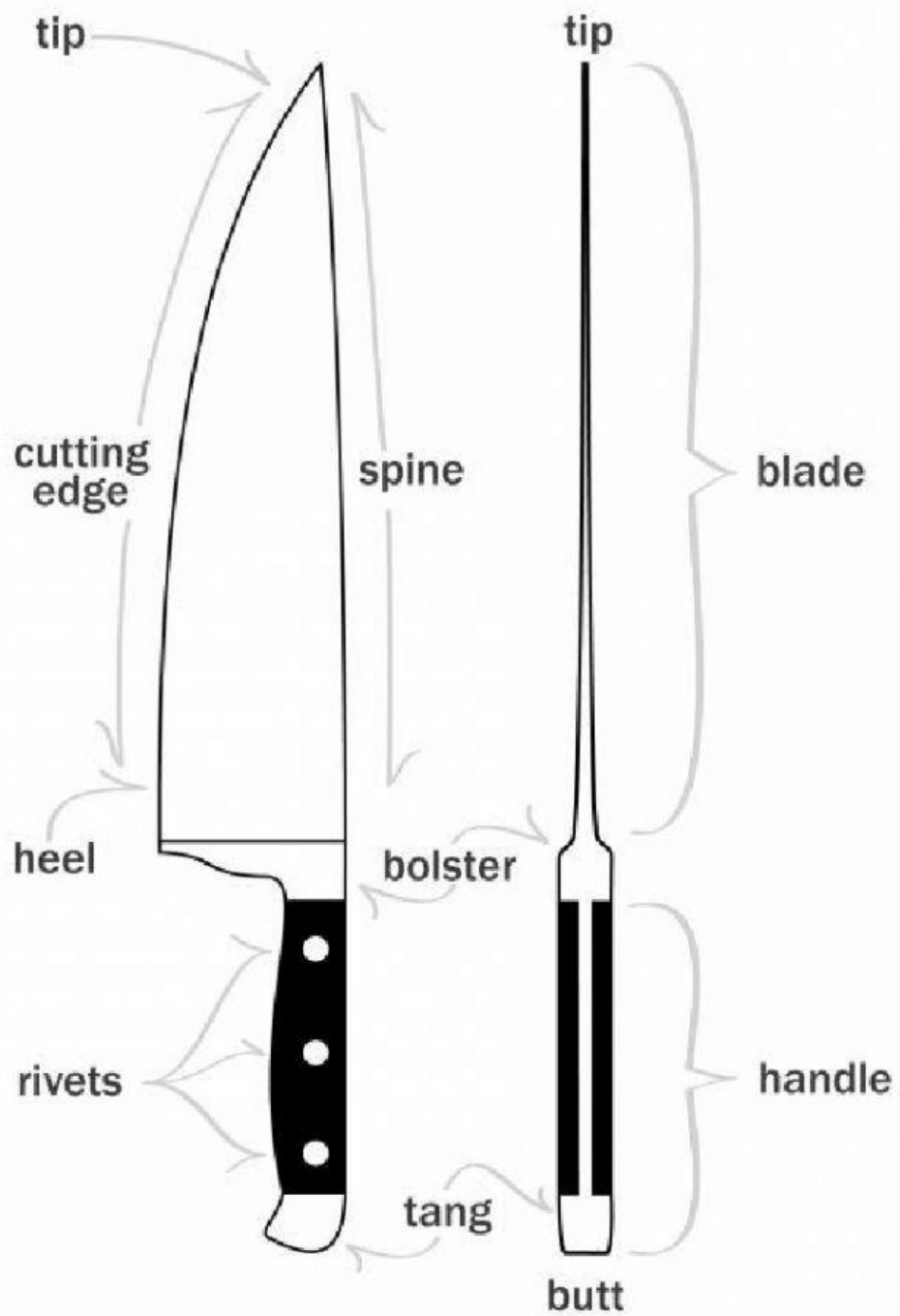
Knives

Kitchen knives are a vital part of a chef's equipment and therefore must be of high quality. The basic structure of a knife has three main parts: the blade you cut with; the tang, which strengthens the knife, providing balance and control of the heavy blade, and the lightweight handle, with which you hold the knife. Blades are usually made of steel alloys, which have to be hard, strong, crushproof, stainless and resistant to wear and tear. The cutting edge of the blade can be smooth, fluted, curved or serrated, depending on its use. The handle should be non-slip, ergonomic and crushproof.

Name and Photo	Description	Use
Chef's (Cook's) Knife 	<ul style="list-style-type: none"> - Big handle - Long, wide blade - pointed tip 	<ul style="list-style-type: none"> - Cutting, chopping, vegetables, & meat
Paring knife 	<ul style="list-style-type: none"> - Short, narrow blade - Pointed tip 	<ul style="list-style-type: none"> - Peeling - Cutting fruits - Slicing
Filleting knife 	<ul style="list-style-type: none"> - Long, thin blade - Blade bends - Pointed tip 	<ul style="list-style-type: none"> - Boning fish, and meat
Bread knife 	<ul style="list-style-type: none"> - Long blade - Round tip - Serrated edge (like teeth) 	<ul style="list-style-type: none"> - Cutting bread and cakes using a sawing action

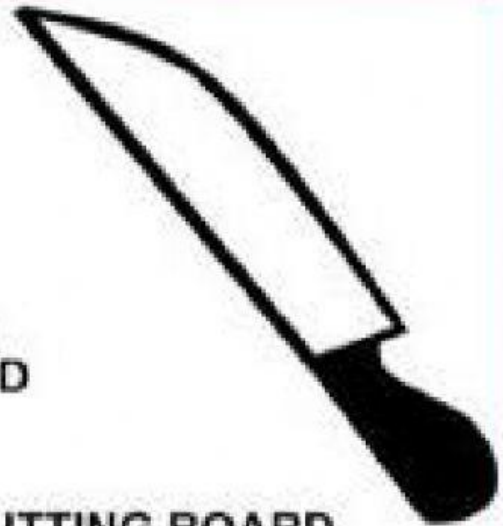


anatomy of a knife



KNIFE SAFETY

- SELECT THE RIGHT KNIFE FOR THE TASK
- KEEP BLADES SHARPENED AND HANDLES IN GOOD CONDITION
- ALWAYS USE A CUTTING BOARD
- CUT DOWNWARDS WITH FIRM EVEN PRESSURE, AWAY FROM THE BODY
- CLEAN KNIVES IMMEDIATELY AFTER USE
- STORE KNIVES SAFELY IN BLOCK OR RACK
- NEVER TRY TO CATCH A FALLING KNIFE



1. Name **four** different kitchen knives.

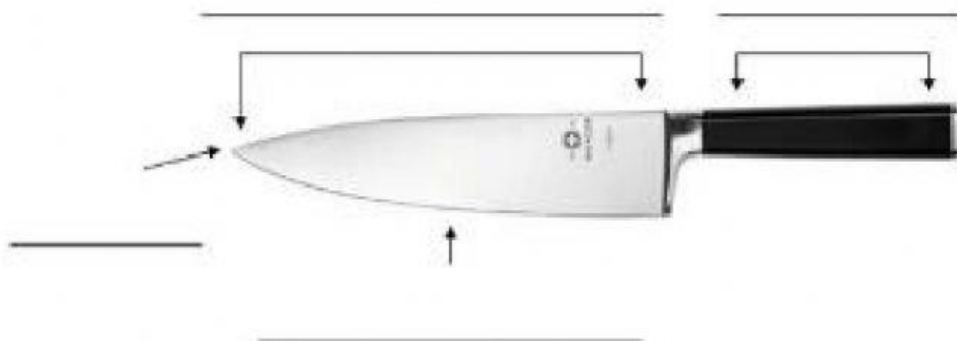
2. Which knife has **teeth**?

3. Other than slicing, what other use does a **paring knife** have?

4. Which knife has a **long, wide** blade?

5. Using the words in the box below, **label** the parts of the knife.

Blade	Handle	Tip	Cutting edge
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Complete these instructions about care and maintenance of kitchen knives with the verbs in the box.

carry – dry – handle – make sure – sharpen – wash

1 _____ and _____ knives immediately after use to avoid stain contamination. 2 _____ handles are not greasy, sweaty or oily as this can cause your hand to slip. 3 _____ knives face down at your side. 4 _____ knives regularly to ensure safe and efficient use. 5 Always _____ knives with care as they are dangerous tools that can hurt you.

Join name with the picture of knife.

		cleaver
		Potato peeler
		Paring or peeling knife
		Chef's knife
		Boning knife

Knife Safety

1. What should you do if you are talking to someone and using a knife?

- a. keep talking, you should communicate when cooking
- b. keep looking at the knife and continue talking
- c. ignore the person and talk to them when you have finished cutting
- d. place your knife down, do not use it

2. What do you do when you have finished using a knife?

- a. put it away immediately
- b. wash it individually in the sink, rinse it, dry it and put it away
- c. place it behind the taps and wash it with your other dishes
- d. put it in the sink to soak

3. How should you hold a knife?

- a. hold knife handle with one hand and the food item with the other with tucked in fingers
- b. hold knife handle with one hand and the blade with the other
- c. hold knife handle with one hand and use your fingers to guide the blade
- d. hold knife handle with one hand, relax your other hand by your side

4. How should you cut food that is round?

- a. slice food in half to get a flat edge
- b. slice off thin section so food sits flat and stable on the cutting board
- c. balance the knife carefully on top and start cutting
- d. hold the knife near the blade and cut the food in half

5. How do you walk safely with a knife?

- a. hold knife facing up with the blade on a slight angle
- b. hold knife facing out and on a slight angle
- c. hold knife facing down and on a slight angle
- d. hold knife by the blade and on a slight angle

6. Which option is the safest place to store knives?

- a. wood block
- b. drawer with other utensils
- c. counter canister with wooden spoons
- d. on kitchen window ledge for easy access

7. When you are using the pivot technique, the fingers on your guide hand (the hand not holding the knife) are used to

- a. move the blade as you cut.
- b. hold the food in place.
- c. keep the knife in place.
- d. hold the food in place with fingers flat.

8. We know that a sharp knife is safer than a dull knife. How often should a knife be sharpened?

- a. once a month
- b. once a day
- c. once a week
- d. as needed

9. Identify the unsafe option when you are cutting a bagel in half.

- a. use a sharp knife

- b. use the palm of your hand as a cutting board
- c. use a clean knife
- d. use a serrated knife

10. Identify the task that is unsafe to perform with a knife.

- a. slicing tomatoes
- b. dicing potatoes
- c. opening bags, boxes or cans
- d. chopping onions