

Knife skills

1 Always wear covered shoes



2 Never try to catch a falling knife



3 If you walk around keep the knife pointing downwards



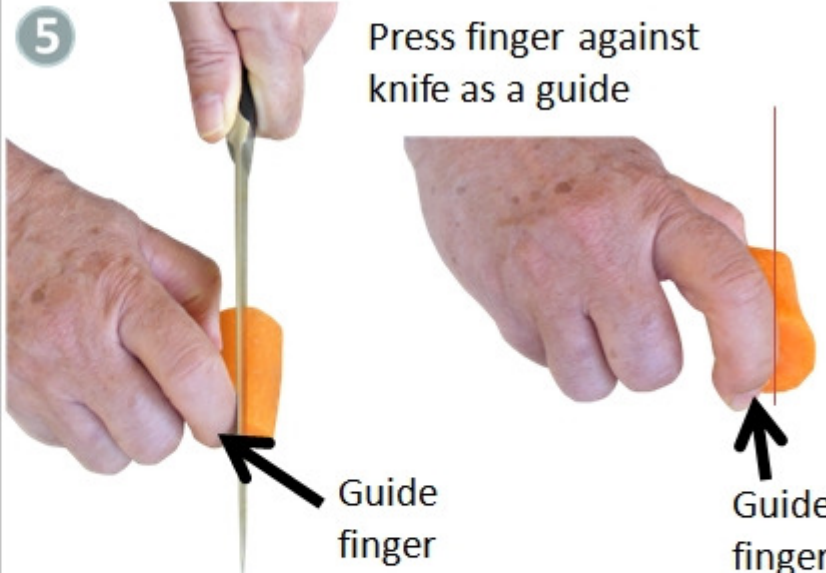
4 Always keep your fingers tucked away

Make a claw with your hand



5 Press finger against knife as a guide

Guide finger



6 When slicing...


Point the knife towards the board

Push the back of the blade down...

... until the blade touches the board

Keep point of the knife touching board

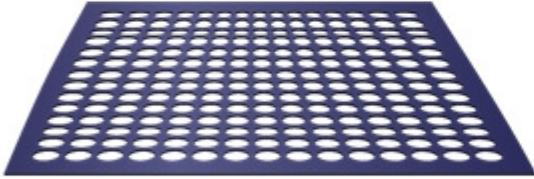
Push down until the blade is on the board



Knife skills



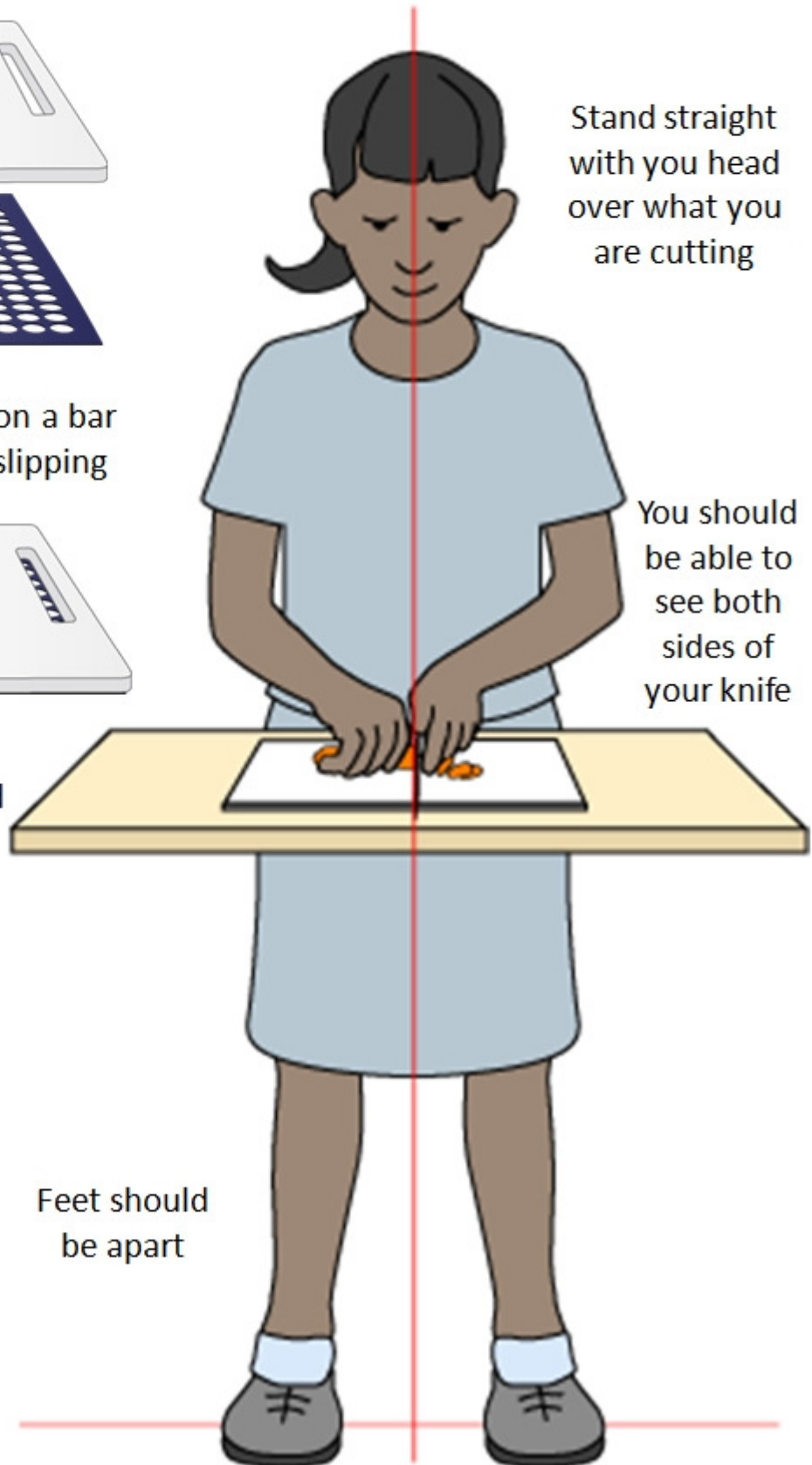
Cutting knife



Put your cutting board on a bar mat to stop the board slipping



Your must have a clean cutting board



Stand straight with you head over what you are cutting

You should be able to see both sides of your knife

Feet should be apart

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Identify the different food groups

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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