

KNIFE RULES

I can:

- only use a knife if I have been asked to by an adult
- always hold a knife by the handle, NEVER by the blade
- not point a knife towards a person, including yourself
- always use a cutting board with a non-slip cloth underneath
- make sure I firmly hold the object I am cutting with my other hand
- form my left hand into a "bear's paw/claw"
- use my knuckles as a guide
- keep my fingernails out of view; not forgetting my thumb
- cut a round object using "under the bridge" technique
- finely chop or dice using the "crosscut" technique making sure all of my fingers are in view
- always cut away from myself
- NEVER put a knife into a sink of water
- always carry a knife with my arm by my side and the blade pointing towards the floor

The better you are at handling knives - the better you will be at preparing the food and it will be lots more FUN!

