

KNIFE SAFETY

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Volume 29 / Middle School



WA26224

WA29343

**National FCS Standards:**

**FMM1.e:** Demonstrate a work environment that provides safety and security.

**FPS1.e.12.m:** Demonstrate basic skills in handling knives, tools, and equipment safely.

**FSDN1.b:** Apply risk management procedures to food safety, food testing, and sanitation.

**Common Core Standards:**

**4C3:** Students will communicate and collaborate with others to accomplish tasks and develop solutions to problems and opportunities.

**EH1.d:** Implement personal and job site safety rules and regulations to maintain and improve safe and healthful working conditions and environments.

**GCA2.a:** Work effectively with diverse individuals in a variety of settings and contexts.

**OBJECTIVES:**

Students will...

- View demonstration on proper kitchen knife usage and safety
- Label different types of knives and explain their purpose
- Identify knife safety hazards
- Create knife safety rules to post in their kitchen stations

**ESSENTIAL QUESTION:**

How should you use kitchen knives properly to avoid getting hurt?

**MATERIALS LIST:**

- *Just the Facts: Knives* DVD (**WA26224**)
- Student Worksheets (one copy per student) and Answer Key for *Just the Facts: Knives* DVD (included)
- Mercer® Cutlery 13-Piece Cutlery Set (**WA29343**)

## INTRODUCTION (5 MINUTES)

Pass out the knives diagram worksheet that goes along with the *Just the Facts: Knives* DVD. Give students 2-3 minutes to write down what they think each tool is named. Go over the answers as a class to get students thinking about the topic.

## ACTIVITY 1 (20 MINUTES)

Play the 17-minute DVD, *Just the Facts: Knives*. As they are watching, have students complete the other worksheet (seven questions) that goes along with the video. When the video is over, go over the answers to the worksheet and make sure to highlight the purpose of each knife that was mentioned in the DVD. (For example: The French knife is used for chopping or dicing, the serrated knife is used for shaving meat or filleting fish, etc.) Also review the proper hand formation that should be used when chopping (“the claw”).

## ACTIVITY 2 (10 MINUTES)

Put all five knives that were discussed in the video out for display. Demonstrate the IMPROPER way to walk with a knife, and then get one student volunteer to demonstrate how to PROPERLY walk with a knife (which was explained in the video.) Discuss how failing to follow these procedures might hurt them or their classmates in the kitchen. Now would also be a good time to go over your classroom policy for what to do if a student accidentally gets cut in the kitchen.

## ACTIVITY 3 (10 MINUTES)

Have students work in their kitchen groups and as a team write down five rules they agree on and will use for knife safety. Examples might be “we agree to carry knives in the ‘down’ position,” “we agree to never put knives in a sink full of water,” or “we will help to remind each other of proper hand placement when chopping ingredients.” When each group has put their list together, have them tape it up prominently somewhere in their kitchen station so they will see it every time they are cooking.

## CONCLUSION (5 MINUTES)

As an “exit slip” have students each take out a half sheet of paper. On the board, write the following question: “What skill did you learn in class today that you can use at home?” Each student should turn in their response on their way out of the classroom.



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# JUST THE FACTS KNIVES

Name: \_\_\_\_\_  
Hour: \_\_\_\_\_

## WORKSHEET

### REVIEW

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**Directions:** After watching “Just the Facts: Knives,” answer the following questions.

1. Name five different types of knives?
2. What is the shape called that your hand forms when using proper slicing technique?
3. What two types of steel are used for knives?
4. Which type of steel used for knives will not rust?
5. All knives have teeth? True or False
6. How do you wash a knife properly?
7. What other use does a paring knife have besides slicing?

**Directions:** Identify the knives below.



1 \_\_\_\_\_



2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_



**JUST THE FACTS  
KNIVES****TEACHERS  
KEY****REVIEW**

**Directions:** After watching “Just the Facts: Knives,” answer the following questions.

1. Name five different types of knives?

**Answers vary. (Paring, Peeler, Cleaver, Chef’s, French, Bread, Roast)**

2. What is the shape called that your hand forms when using proper slicing technique?

**A bear claw**

3. What two types of steel are used for knives?

**Stainless Steel and Carbon Steel**

4. Which type of steel used for knives will not rust?

**Stainless Steel**

5. All knives have teeth? True or False

**True**

6. How do you wash a knife properly?

**Make sure you wash in a sink that will not dull the knife. Wash blade down, by themselves.**

7. What other use does a paring knife have besides slicing?

**Decorating/garnishing fruits and vegetables**

**Directions:** Identify the knives below.



① Chinese Cleaver



② Peeler

Paring Knife ③

⑤ Roast Knife

④ Chef's or French Knife