

KNIFE CUTS

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National FCS Standards:

FPS1.e.1.e: Identify knife safety and other safety steps around sharp objects in the food service industry.

FPS1.e.26.h: Demonstrate professional skills in safe handling of knives, tools, and equipment.

FSDNI.e.6.m: Prepare food for presentation and assessment.

ProStart Learning Objectives (Level 1):

3.17 Demonstrate correct and safe use of knives.

5.3 List the different types of knives used in the food service kitchen and give examples of their uses.

5.8 Explain how to care for knives properly.

5.9 Demonstrate the proper use of knives.

5.11 Describe and demonstrate basic pre-preparation techniques.

OBJECTIVES:

Students will...

- Watch teacher demonstration of basic knife cuts
- Create paper sample of knife cuts in correct size
- Demonstrate their knife skills by completing the kitchen lab experience

MATERIALS LIST:

- Mercer® Cutlery 13-Piece Cutlery Set (**WA29343**)
- Henckels Forged Premio Three-Piece Prep Set, one set per kitchen group (**WA32049**)
- Knife Cuts Ruler (one per student)
- Envelopes — one per student
- Carrots — one per student
- Potatoes — one per student
- Basil — two leaves per student
- Parsley — one bunch per class

DAY 1

Introduction (5 minutes)

Begin class with a discussion on knife safety. Ask students to recall what they've learned about how to properly walk with a knife and rules for safe practice in the kitchen. As students respond, make a list on the board of all the rules to follow when working with knives.

ACTIVITY 1 (10 MINUTES)

Explain to students how a sharp knife is safer than a dull knife because it requires less force to use. Draw a giant protractor ruler on the board and show students how to get from a 90° angle to 45° to 22.5°. Then transfer this skill to the honing steel and do a teacher demo on how to properly use the honing steel. Explain to students how to find the 22.5° angle that is best for honing. After the teacher demo, get one or two student volunteers that would like to try using the sharpening steel in front of the class.

ACTIVITY 2 (20 MINUTES)

Pass out a "knife cuts" ruler to each student. You may teach all of the knife cuts listed, but if your school participates in ProStart you may want to focus solely on mastering these six cuts that are tested at the competition: medium dice, brunoise, batonnet, julienne, mince, and chiffonade (mince and chiffonade not shown on ruler.) Explain that in the next class, students will get a chance to practice all of these cuts themselves, but the first day you will be doing a demo of exactly how you want to see it done. Do as many knife cuts as time permits.

ACTIVITY 3 (15 MINUTES)

Give each student a piece of white paper and a scissors. Have them cut out an example of the julienne, brunoise, batonnet, and medium dice. Have them match up their samples to the knife cuts ruler to make sure they are exact width and length. Then have them cut out one or two more of each so they can practice uniformity. When finished, have students put their paper cuts into an envelope, label with their name, and turn them in.

DAY 2

Introduction (5 minutes)

Ask students to get out the knife cuts ruler they received in the last class. Explain that in this class they will be practicing all of the knife cuts on their own and they should bring this ruler with them into the kitchen. As a class, go through the tray diagram shown in the "Knife Skills Kitchen Lab" section that follows. Make sure students understand you want their cuts displayed exactly like the diagram when they are finished. They should cut enough food product to demonstrate precision and uniformity (for example, about five batonnet cuts total).

ACTIVITY 1 (35 MINUTES)

Depending on class size, either have each student or each kitchen group execute the full list of knife cuts. It is preferable to have each student do all of the cuts on their own. When they are finished, the teacher should offer feedback and grade their performance.

KNIFE SKILLS KITCHEN LAB

Each student will perform all six cuts listed below. Place each cut in a separate pile/bowl on your tray and present to your instructor when finished. You will be graded on precision, uniformity, effort, and knife safety.

Cut 1: Julienne – ½ carrot

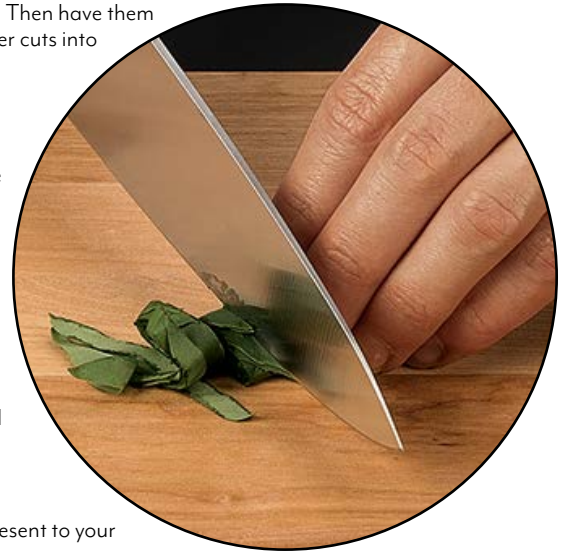
Cut 2: Brunoise – ½ carrot

Cut 3: Medium Dice – 1 potato

Cut 4: Batonnet – 1 potato

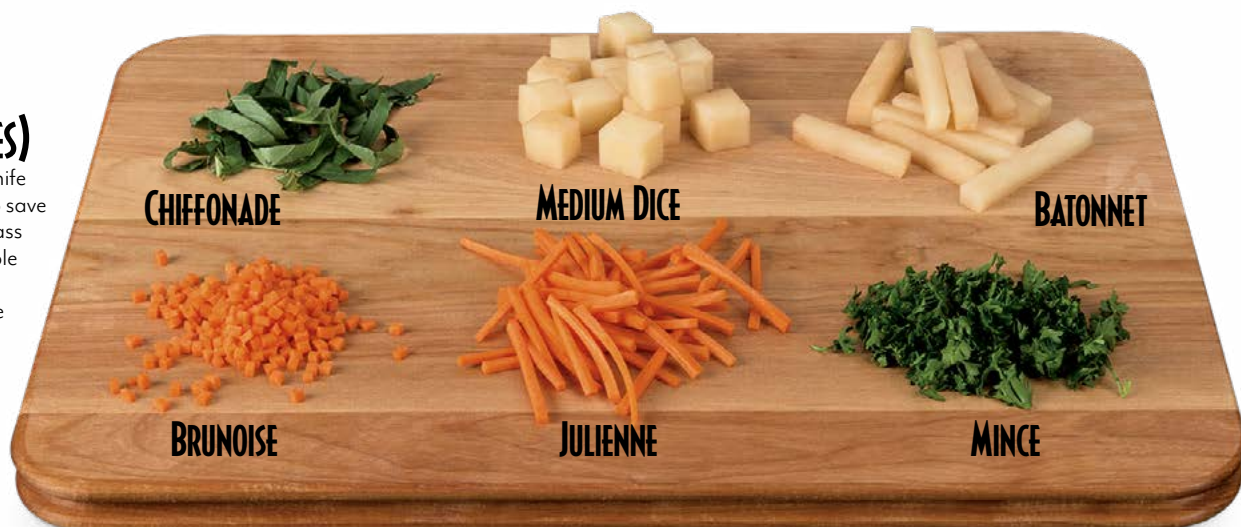
Cut 5: Chiffonade – 2 basil leaves

Cut 6: Mince – parsley



CONCLUSION (10 MINUTES)

After all students have had their knife cuts evaluated, you may choose to save them and use the knife cuts in a class recipe on a following day. Vegetable tempura, French fries, or roasted vegetables could be made with the julienne or batonnet cuts. If you don't have time for a lab day, just dispose of the knife cuts in a classroom compost bin. Make sure all of the lab clean-up procedures are followed.



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