



# TEACH IT FORWARD

## KNIFE TYPES AND CARE

<b><i>PLAN IT</i></b>		<b><i>Completed/ Comments</i></b>
<b>Supplies/Materials</b>		
<ol style="list-style-type: none"> <li>1. Different Types of Knives: Chef, Utility, Paring, and Serrated on tray</li> <li>2. Manual knife sharpener</li> <li>3. Product to demo and practice (i.e. tomato, lemons, or onions)</li> <li>4. Three-compartment sink set up</li> </ol>		
<b>Location</b>		
<ul style="list-style-type: none"> <li>• Kitchen Production Area</li> <li>• Work stations for practice -- cutting boards anchored with damp cloths from sanitizer bucket, knives, and tray</li> </ul>		
<b>Date, Time, Duration</b>		
Day: _____; Time: _____; Duration: <b>15 minutes</b>		
<b>Resources and Talking Points</b>		
<b>Types of Knives</b> <ol style="list-style-type: none"> <li>1. Virtual Audio Visual (VAV) Handout "Types of Knives"</li> <li>2. Parts of knife - Handle, Tang, Blade, Tip, Point</li> <li>3. Uses for different types of knives</li> </ol>	<b>Care of Knives</b> <ol style="list-style-type: none"> <li>1. Storage</li> <li>2. Sharpening</li> <li>3. Cleaning</li> </ol>	
<b>Demonstration and Activities</b>		
<ul style="list-style-type: none"> <li>• Demonstrate AND Practice by all</li> <li>• Use of knives</li> <li>• Products best for each type of knife</li> <li>• Techniques, work set up</li> <li>• Drop delivery</li> </ul>		
<b>NOTES:</b>		
<i>TIF Chef Ambassador may want to tailor use of knives best suited for kitchen and items prepared. Featured items to demonstrate use of knife include onions, lemon and tomato.</i>		

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<i><b>PRESENT IT</b></i>	<i><b>Comments</b></i>
<p><b>KNOW – 3 minutes Knowledge Transfer</b></p> <ol style="list-style-type: none"> <li><b>Key Parts of Knives</b> <ul style="list-style-type: none"> <li><b>SHOW</b> a knife and <b>SAY:</b> These are key parts of a knife -- handle, tang, blade, tip and point. (See “Types of Knives” VAV).</li> </ul> </li> <li><b>Types of Knives -- SHOW each knife and SAY:</b> <ul style="list-style-type: none"> <li>A <b>Chef’s Knife</b> is also called a cook’s knife. It can be used for most types of slicing, dicing, and rough chopping. The heft, weight and balance of this knife are good for heavy-duty work with thicker cuts of foods.</li> <li>A <b>Utility Knife</b> is a smaller knife, with blades 6” to 8” used for cutting of foods too large for a paring knife.</li> <li>A <b>Paring Knife</b> is a small knife with a straight, sharp blade generally 3” to 4” long. It is easy to handle and works well for peeling and coring foods.</li> <li>A <b>Serrated Knife</b> has a long blade with “teeth” used to slice food hard on the outside and soft on the inside, like hard crusted bread, or soft food, such as a tomato.</li> </ul> </li> <li><b>Care of Knives/Safety -- SAY:</b> <ul style="list-style-type: none"> <li>Knives are the workhorses in a quantity kitchen. They need to be sharp to be effective, but don’t be scared. More accidents happen with dull knives than sharp tools.</li> <li>Because of the sharp blade, it is important we follow guidelines on cleaning and storing.</li> <li>NEVER leave a knife in a sink of soapy water – that’s an accident waiting to happen!</li> <li>Set up of work area includes use of a cutting board with traction OR a damp cloth placed under the board.</li> </ul> </li> </ol> <p><b>ASK IF ANY QUESTIONS – WAIT!</b></p>	
<p><b>SHOW – 5 minutes</b></p> <p><b>How to Use Knives – SAY:</b></p> <ul style="list-style-type: none"> <li>Set up of work area is important for safety and to avoid fatigue.</li> <li>First, make sure the cutting board is secure. Have a tray handy for “drop delivery” of processed product. This is a type of work simplification.</li> <li>We know this knife is sharp by cutting into a tomato – the tomato test. If not, it needs sharpening. Demonstrate use of manual knife sharpener (Accusharp®) or electric sharpener where available.</li> <li>Demonstrate and show drop delivery for one or more: <ul style="list-style-type: none"> <li>We can use a <u>Chef’s</u> knife to chop onions</li> <li>We can use a <u>Utility</u> knife to wedge lemons</li> <li>And a <u>Serrated</u> knife to slice these very soft tomatoes</li> </ul> </li> </ul> <p><b>Cleaning – SAY:</b></p> <ul style="list-style-type: none"> <li>Knives need to be washed, rinsed, sanitized and air-dried before placing into storage.</li> <li>In this kitchen, we have a rule that each person takes responsibility for the knife – so after using a knife, YOU take it to 3-compartment sink and wash, rinse, sanitize and then air dry before returning to storage spot. (<i>Modify for specific operation</i>).</li> </ul> <p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>Why is it important not to put knives in wash sink?</li> <li>Why is it important not to use dull knives?</li> </ul>	



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### DO – 6 minutes

**Practice and Apply -- Participants gather around work stations and:**

- Identify types of knives and which are best to use on various products
- Practice use with different knives on different products (set up, drop delivery)
- Clean knives following SOP

**LISTEN -- WATCH -- MONITOR actions and COACH as needed**

### RECAP – 1 minute

**SAY:**

- You have had an opportunity to practice with different knives and recognize how each can best be used in the kitchen. What you have learned will improve productivity and lessen the chance of injury to yourselves and others in the kitchen.
- **CONGRATULATIONS!** You have earned a Certificate of Completion for .25 hours in the Learning Topic of Food Production.