Knife Skills



**Lesson Plan Title:**

Food Production

**Subject Area:**

**Recommended course(s):**

Food Production and Services

**Aligned to NASAFACS Standards:**

Food Production and Services 8.5.1

**Objectives:**

Students will demonstrate proper knife skills and safety.

Students will apply and practice basic knife cuts including; julienne, brunoise, small dice, medium dice, chiffonade and diagonal cuts.

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| **Materials needed:****power point presentation**  **copies of handouts** **construction paper** **rulers** **scissors**  **Lab: Vegetables and Ranch Dip****PlayDough - one small container per student** **Paper plates,one per student** **Lab ingredients and recipe for each lab** | **Resources:****PowerPoint, handouts, Lab recipes/ingredients can be found****at:**[**www.uen.org/Lessonplan/preview.cgi?LPid=30977**](http://www.uen.org/Lessonplan/preview.cgi?LPid=30977) |

**Lesson Summary/Outline:**

Introduce the Basics of Knife skills power point with accompanying listening guide.

Students will then create replicas of the cuts with construction paper. They will glue it to cut in the listening guide.

Students will complete the Vegetable and Ranch Lab.

Students will make models of the cuts with PlayDough and present them on paper plates.

Last, Students will complete the Vegetable & Bacon Stir Fry Lab.

**Motivator/Opening:**

Ask questions about how students have used knife when cooking - any accidents?

Students will recount their experience with knifes in the kitchen.

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| **Activities:**Introduce the Basics of Knife skills power point with accompanying listening guide. **Students will follow along with the listening guide. The** **power point begins with setting up a work area. Students should understand that they will need to apply these techniques later in class. Upon finishing the power point, have each student get a piece of construction paper, glue, scissors and ruler.**Students will complete the Vegetable and Ranch Lab.Students will make models of the cuts with PlayDough and present them on paper plates.**Using their play dough, each student will create each of the 6 cuts, placing their best example on the paper plate for the teachers inspection. The teacher will check off or initial their Knife Cuts handout at the end of the activity for student participation points.** | **Assignments:**Students will then create replicas of the cuts with construction paper. They will glue it to cut in the listening guide.**Each replica should measure exactly to the dimensions for each cut. Spot check progress as the students work.**When the students are done with replicas, proceed to the Vegetables and Ranch lab. Each lab will get 2-4 carrots, depending on size, 2-4 stalks of celery, 1/2 a zucchini or cucumber and 3-5 spinach leaves per student. Plan 1/4 c. Ranch dressing per group.**Assign the following cuts:** * **Carrots and celery - julienne (1/8 X 1/8 X 2" in length), have each student cut one of the julienne into brunoise (1/8 X 1/8 X 1/8).**
* **Zucchini/cucumber - diagonal cut 1/4" in width.**
* **Spinach leaves - chiffonade**

Using their knife skills, students will complete the Vegetable Bacon Stir Fry lab.  |

**Evaluation:**

A summative check can be made on the Listening Guide and Construction Paper Cuts.

A summative guide can be made on the PlayDough models.

Actual knife cuts can be graded after each recipe.

**Notes:**

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