

Preparing Food

When preparing and cooking food. You should **ALWAYS** be accompanied by an adult when using sharp instruments - i.e. Knife, scissors, grater, peeler.

Caution! Stop! Think!



Grating

!!!Should be supervised by an adult at all times!!!



A **grater** is a kitchen utensil used to grate foods into fine pieces.

When grating food - **REMEMBER**, you do not have to grate every bit of the food.

It is best to leave a small chunk at the end to hang on to. This means that fingers are not pressed against the grater.

Please look at the video link below to see how to use a grater safely.

https://youtu.be/EIDWSBuDQCs?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Peeler

!!!Should be supervised by an adult at all times!!!



A **peeler** is a metal blade with a slot with a sharp edge attached to a handle, used to remove the skin off some vegetables such as potatoes, broccoli stalks, and carrots, and fruits such as apples and pears.

When peeling you should peel away from yourself. With long foods such as carrots you should hold one end and peel from the middle away from yourselves and then hold the peeled end and repeat the same process.

Please look at the video link below to see how to use a peeler safely.

https://youtu.be/uLud_U-wif0?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Scissors

!!!Should be supervised by an adult at all times!!!



Kitchen **scissors** can sometimes be a useful alternative to a knife. Scissors are good for snipping herbs and spring onions – even pepper slices!

Knives

!!!Should be supervised by an adult at all times!!!

Make sure you use the right knife!

A small sharp knife called a PARING KNIFE with either a straight or serrated edge is suitable for trimming and chopping fruit and vegetables.

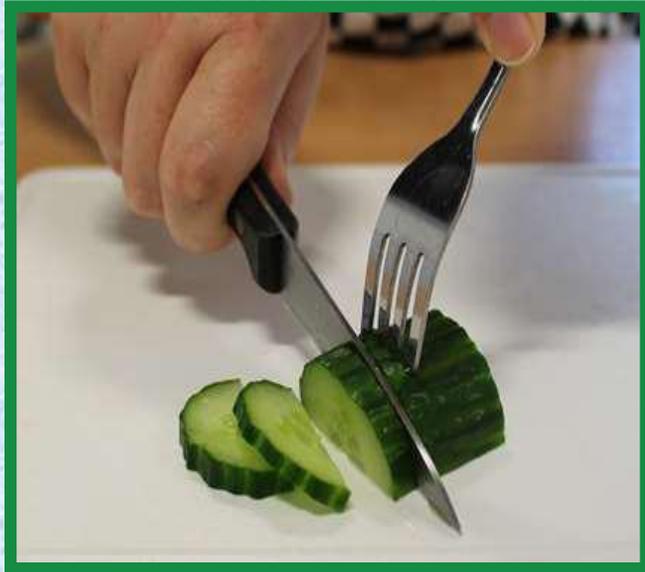


Are sharp knives dangerous?

Yes.... **BUT** - a blunt knife is more dangerous because you have to apply much more pressure to cut through food, so if the knife slips you could cut yourself. With a sharp knife very little pressure is need to cut through food so you are less likely to slip.

Fork Secure

!!!Should be supervised by an adult at all times!!!



Method: Place the food to be cut on a chopping board. If the food is likely to move or wobble, e.g. a tomato, hold it securely around the edges or sides. In a firm but controlled way, dig the fork into the food with the fork prongs going downwards towards the chopping board. Continue holding the fork in one hand, take a knife with the other hand and slice the food.

Safety: This method ensures that the food is stable and keeps fingers out of the way while it is cut.

Tips: Ensure that you take your time while embedding the fork in the food and make sure you are driving the fork downwards and not diagonally which could cause it to come out at the side of the food and go into your hand.

Knives – Bridge Hold

!!!Should be supervised by an adult at all times!!!



Method: Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.

Safety: This method ensures that fingers are out of the way as the knife cuts through the food.

Tips: To help children remember this method, they might like to think of the knife as a train which goes under the bridge and through the tunnel.

Use: This method is useful in lots of situations. It is especially useful for cutting circular items into halves and quarters, e.g. tomatoes, apples.



Please look at the video link below to see how to use the **Bridge Hold** safely.

<https://www.foodafactoflife.org.uk/11-14-years/cooking/videos/#equip>

Knives – Claw Grip

!!!Should be supervised by an adult at all times!!!



Method: Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.

Safety: This method ensures that finger tips are tucked out of the way and will not get caught by the knife.

Tips: To help children remember this method emphasises creating a claw, gripping food and tipping the hand – claw, grip, tip, cut.

Use: This method is used to secure items so they can be cut safely. It is the best method to use when food needs to be cut into slices or diced.

Please look at the video link below to see how to use the **Claw Grip** safely.



<https://www.foodafactoflife.org.uk/11-14-years/cooking/videos/#equip>

Look out for new videos on the school website to help you with cutting, cooking and recipes!

All information has been taken from: <https://www.foodafactoflife.org.uk/>

