

Knife Skills Lesson Plan

Teacher: St George

School: CALC SS

Title of Activity: Knife Skills Training

Unit:

Class or Grade Level: 9

Subject: TIJ10 Exploring Technologies

Time Allotment: 2 x 72 minute periods

Objectives: Learn different types of hand tools in the kitchen
Learn how to safely cut with a chef knife
Learn the different cuts in classical French cooking
Learn how to set up a work station in the kitchen
Learn how to move safely in the kitchen

Materials/ Resources:

- Knife Safety Video
- How to hold a knife hand-out
- Cutting Board
- Cloth or non-slip pad for cutting board
- Chef Knife, Paring Knife, Turning Knife
- Bowls for scraps
- Fresh Vegetables, preferably root vegetables

Ontario Curriculum Standards:

- D1.2 use the safety features of tools and equipment (e.g., bandsaw guard, stock guides, tire balancer cover) appropriately;
- D1.3 follow proper shop practices, which help protect the safety of workers (e.g., keep work area clean and organized, avoid horseplay);

- D1.4 use appropriate aids (e.g., push stick, feather-board, soldering iron holder) to minimize the risk of injury;

Procedures:

- Show students the knife safety video.
- Explain the procedures for properly setting up a work station
- Demonstrate how to properly hold a knife and how to cut using a guard.
- Demonstrate how to peel vegetables.
- Demonstrate how to safely cut vegetables.
- Demonstrate how to create the different shapes in classical French cooking.
- Each student will individually demonstrate that they can properly handle a knife before they begin.
- Allow students to set up a proper work station.
- Allow students to practice their cuts.

Assessment:

- Students will complete the quiz on knife skills.

Extension:

- Scraps from peels can be composted, leading to discussion or lesson on the benefits of composting.
- Students can use the cuts to make soup. Scraps and cuts can be used to make a variety of soups or can be used in a vegetable medley as a side dish.