

# FCS Food Nutrition, and Wellness Knife Skills 101



Brooke Lewis-Slamkova

Barrow County Apalachee High School Educator and Maple Park Homestead Farmer

Overview: This lesson will allow students to practice basic knife skills and cuts while preparing a gorgeous trio of kale salads. Students will identify different ways to enhance flavor while making a healthy dish. They will utilize basic hand washing, dishwashing, and knife and safety knowledge to create a safe working environment.

\*\* This lesson contains hands on food activities. Check with your school nurse and students to determine if any students with food allergies exist in your classroom. Modify this lesson as needed.

Time Needed: 1 class period.

Standards:

- FCS-FNS-11. Students will discuss domestic and professional kitchen equipment and its use in providing safe and sanitary food.
  - Define and demonstrate different types of knives including Chef/French, paring, bread, boning, and slicer. Students will practice care and safety while using all knives
- FCS-FNW-10. Students will demonstrate safe food sanitation procedures.
  - Examine and demonstrate safe food handling procedures, including proper temperatures, correct serving of cooked and fresh foods, and awareness of cross-contamination hazards.
  - Practice and apply proper hand washing techniques using soaps, hand sanitizers, and personal hygienic techniques such as hand, nail, and hair care.
  - Practice and demonstrate proper dishwashing, sanitizing, rinsing, and drying techniques.

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## Objectives:

- Students will understand safe sanitation procedures, types of knives, and basic knife skills to prepare vegetables.
- Students will use proper handwashing techniques and dishwashing techniques.
- Students will create a salad that utilizes enhancement of food with herbs, spices, vinegars, and oils.

## Materials:

- Basic knife skills video: <https://www.youtube.com/watch?v=G-Fg7I7G1zw>
- Know your Knives- Types of Kitchen Knives- <http://www.dailyinfographic.com/know-your-knives-infographic>
- Knife Skills video- <https://recipes.heart.org/Articles/1699/Knife-Skills>
- Knife Skills Grading Rubric: <https://www.isbe.net/Documents/knife-skills.pdf>
- Cutting boards, knives, and bowls for each group
- Food Items for Recipes
  - 6 bunches kale
  - 4 green onions
  - 4 onions
  - 4 garlic cloves
  - 4 cucumbers
  - 6 carrots
  - 2 bell peppers
  - 1 bunch cilantro
  - 1 pint cherry or grape tomatoes
  - 1 cup feta cheese
  - 1 lime
  - 1 lemon
  - 1 pint strawberries
  - 2 avocados
  - ¼ cup pecans
  - 2 cups olive oil
  - 1 cup canola oil
  - 3 T Soy Sauce
  - ½ cup White Balsamic Vinegar
  - Small ginger root
  - ¾ cup cashews
  - 1 T oregano
  - Salt and Pepper

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## Resources Included in this Lesson Plan:

- Station checklist
- Cuts Chart
- Rubric
- Recipes

## Rubric Outline:

- Engage: Students will prepare their stations with the required items.
- Explore: Students will watch the basic knife skills video.
- Explain: Teacher will explain the types of knives and the procedure for the activity.
- Extend: Students can create a variety of salads using cutting techniques to create a variety of cut sizes.

## Lesson Plan:

- Engage: Students will prepare their work station using the attached Basic Knife Skills lab station checklist. Remind students of handwashing practices and basic set up rules about carrying knives and other objects in the kitchen. They should also be reminded of food safety procedures.
- Explore: Students will watch the video on basic knife skills. Encourage them to take notes.
- Explain: Teacher will explain that each student will cut the vegetables as directed on the basic knife cuts chart. Students will place their best examples for each cut on the sheet for the teacher to assess. Students will then follow recipes to create kale salads. Advise students that they may need to get cut vegetables from other groups to complete their salad.
- Extend: Students can research other kale salad and dressing recipes and create them at home. They can review them for the class or bring them in to taste test.
- Evaluate: Use the Knife Skills Grading Rubric or create your own checklist to evaluate student cutting skills.