

THE POSSIBLE ZONE



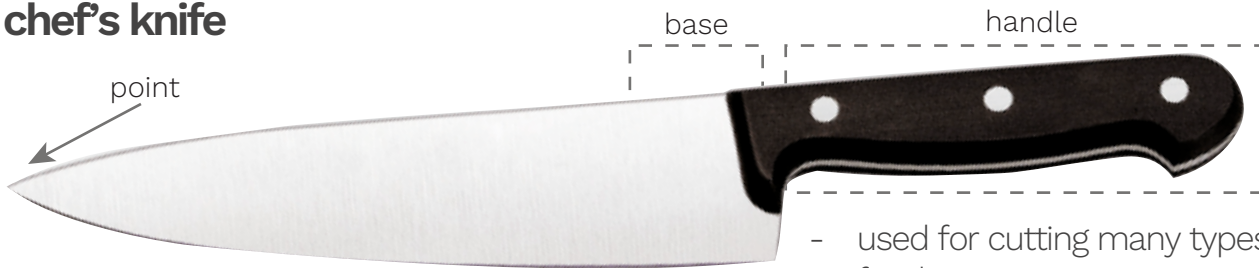
Knives

THIS GUIDE IS NOT A
SUBSTITUTE FOR TRAINING OR
FOR THE USER MANUAL. THIS
GUIDE SERVES AS A REFRESHER
ONLY. USERS MUST BE
CERTIFIED TO USE EQUIPMENT
INDEPENDENTLY.



last modified: April 9, 2026 9:05 AM

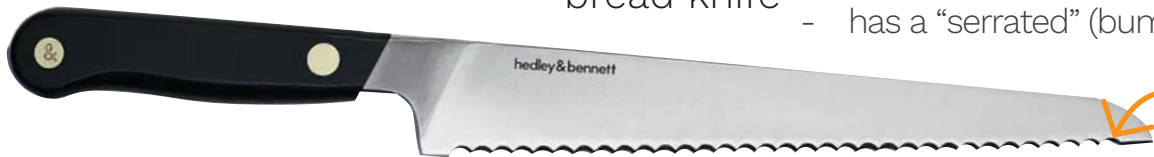
chef's knife



cutting edge (this part is sharp! don't touch!)

- used for cutting many types of food
- has a curved cutting edge

other types of knives:



- bread knife
- used for cutting bread!
 - has a "serrated" (bumpy) edge



- paring knife
- used for cutting small veggies, herbs
 - shorter than other knives

THIS TOOL IS MOSTLY FOR:



CHOPPING

big chunks
irregular shapes



DICING

smaller chunks
square shapes



MINCING

very small chunks
irregular shapes

(pictures via wholefully)

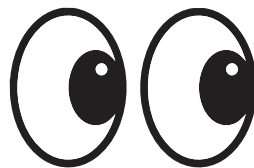
MATERIALS

APPROVED

- + HOT FOOD
- + WARM FOOD
- + COLD FOOD (NOT FROZEN)

BANNED

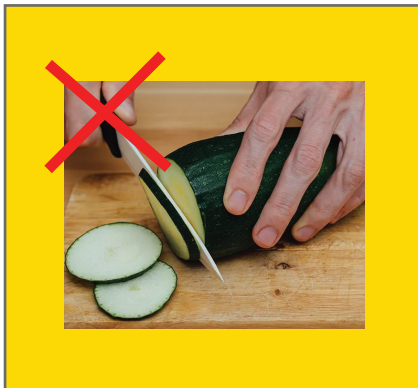
- + FROZEN FOOD
- + EVERYTHING ELSE



Keep your eyes on the knife

When using the knife, always keep your eyes on the blade.

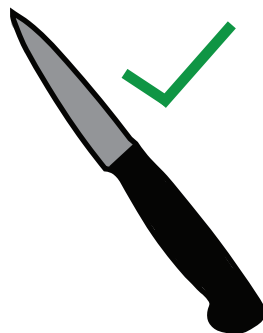
If you need to look away, stop using the knife until you can give it your full attention again.



Hold food with a “claw” grip

When you're using the knife, hold the food with a “claw” grip (this means your fingertips are tucked back -- see page 3).

This will help to prevent you from cutting your fingers.



Use sharp knives

Believe it or not, sharp knives are safer to use than dull ones.

This is because if you use a dull force you need more force to get through the food, which can result in slips and injuries.

CHOOSING THE KNIFE



Chef's Knife

- all-purpose knife
- meat
- tough vegetables



Paring Knife

- small veggies
- herbs
- peeling fruit



Bread Knife

- you guessed it... bread!

HOLDING THE KNIFE (the “pinch grip”)

Pinch the base of the knife with your thumb and pointer finger.



Wrap the rest of your fingers around the handle.

NEVER TOUCH THE SHARP EDGE OF THE BLADE!

HOLDING THE FOOD (the “claw grip”)



Hold the food on a cutting board with your non-dominant hand.



Make sure your fingers are curved so you don't hurt your fingertips.

images: Providence Community Teaching Kitchen & Epicur

USING THE KNIFE

With your dominant hand, hold the knife edge-down on the cutting board.



With your other hand, hold the food on the cutting board so it's touching the side of the blade.

Lift the knife just enough to slide part of the food under the knife. Carefully slide the knife forward and down, slicing the food.



images from *America's Test Kitchen* on YouTube



Claw grip in action!



SET UP CONFIRMATION

USE THE FOLLOWING CHECKLIST TO ENSURE THAT YOU ARE USING THE TOOL SAFELY AND PROPERLY.

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SELF CHECK

- Put a cutting board on the table you're using.
- Wash your hands.
- Look at your knife to make sure it's sharp.
- Hold the knife with the "pinch grip."
- Hold your food with the "claw grip."
- Keep the knife on the cutting board at all times.

CLEAN UP

- Clean your knife and cutting board.
- Put away your supplies.