



GHH1

GROWING HEALTHY HABITS

Become A Sharper Chef

Time: 75 Minutes

You don't need a lot of equipment to become a great cook. But you do need to know how to use basic kitchen tools safely and correctly. Knife skills are important—so you can slice up any food without worry!

OBJECTIVES:

Name three different types of kitchen knives (Chef's knife, serrated knife, and paring knife) and talk about their uses.

List safety rules for handling kitchen knives.

Practice two cutting techniques: the push and rocking.

SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Ask the participants if they've had any experience using kitchen knives. What are their favorite recipes? (**Give everyone a chance to speak.**)

DEMO (15 Minutes)

- Play video(s) or demonstrate content (see demo script).

ACTIVITY (30 Minutes)

- Participants will practice their knife skills making the Sliced Fruit with Honey-Vanilla Yogurt Dip recipe.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to enjoy some fruit and dip while going through the handout(s) together.

GOAL SETTING/CLOSING (10 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimers before activity: [Food Liability Disclaimer](#). Please receive consent from each child's parent/legal guardian before the educational experience. Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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Become A Sharper Chef Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Sliced Fruit with Honey-Vanilla Yogurt Dip](#)
- Video – [Know Your Knives](#)

Find these resources in this lesson

- Handout – [Basic Kitchen Knives](#)
- Handout – [Cutting Terms](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

DEMO SUPPLIES

- Chef's knife (for demo/display)
- Serrated knives (for demo/display)
- Paring knives (one for demo/display and three for practice session)
- 1 loaf of whole-grain French-style bread (make sure it's somewhat crusty)
- Small pile of fresh mint leaves
- Honing steel
- Cutting board (put the mint leaves on the board)
- Dish towel or damp paper towels
- Step stool

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 2 cups green or red grapes (unsliced)
- 2 medium bananas (unpeeled and unsliced)
- 1 red or green apple (whole)
- 1 ½ cups fat-free, plain Greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 3 cutting boards (one for each of the fruits)
- Large bowl for the dip
- Platter for the sliced fruit
- Serving plates for the dipped fruit
- Measuring cups/spoons

**Recipe serves 4 people. Prepare the dip in advance.*

***Purchase appropriate number of supplies for your participants.*

Become A Sharper Chef Demo Script



SAY:

Welcome to the kitchen! We all want to know more about how to prepare healthy snacks and meals. As a start, all great chefs must learn how to use knives safely and correctly. After we talk about safety, we're going to look at three types of kitchen knives and how to hold and cut with them: the Chef's knife, serrated knife, and paring knife. The best part is that you'll have a chance to become a chef. We'll take turns using a paring knife to cut each type of fruit for our snack recipe.

SAFETY RULES



Please listen carefully because these rules will keep you safe:

- It may sound strange for a safety rule, but knives work best when they're very sharp. If you use a dull knife, it's harder to slice foods and there's more chance of an accident.
- Ask a grown-up to stay with you when you're using kitchen knives.
- Stand so you can overlook your work surface. If you need a step stool, get one.
- Use a sturdy cutting board. To keep it from slipping while you're slicing, place a dish towel or a few damp paper towels on your work surface, then place the cutting board on top of the towel or paper towels to secure it.

Demo securing the cutting board.

- When using knives, keep your full attention on the knife and what you're cutting. Have you heard of being laser-focused? It means to concentrate completely on what you're doing. A laser has cutting power! So, be laser-focused when using kitchen knives.
- If you need to walk across the kitchen with a knife, always carry it tip down and parallel to the side of your body.
- Finally, it's best to wash, dry, and put away your knives as soon as you finish with them. If you leave them in the sink or in water if you're washing dishes, someone might reach in and cut themselves.

ABOUT THE KNIVES

Invite the participants to gather around the demo table.



SAY:

Now let's get to know our knives. Here's the **Chef's knife**.

Pick up the Chef's knife and display it.



It's big. See how broad the blade is. Chefs use it to do most of their cutting work. That's how it got its name.



To hold it, pick it up with the blade down. See where the handle and blade come together? Pinch that area between your thumb and index finger, curling your fingertips in a bit. Then, gently wrap your other three fingers around the handle. Position the knife so the spine touches the middle knuckle of your index finger with the fingertips tucked under.

Display the grip.



Now watch the Chef's knife do its job to chop the mint. Chopping means making small, rough pieces, but not too small. This is the push technique. Put the tip of the knife on the cutting board. Push the knife down and forward—away from you—to chop the mint leaves, moving each push to the side across the pile of leaves.

Demo the push technique.



Now, we mince the mint. Mincing means making very tiny pieces. This is the rocking technique. Put the full length of the knife blade at the edge of the chopped leaves. Place the fingers of your left hand on the spine of the knife nearer the tip. Rock the knife back-and-forth and side-to-side until the mint is as tiny as you want it to be. Keep the knife tip connected to the cutting board while rocking from the handle end.

Demo the rocking technique.



We can sprinkle some of this mint on our dip!

Scrape the mint into a bowl.

Become A Sharper Chef Demo Script (continued)

Pick up the serrated knife and display it.



SAY:

Here's the **serrated knife**. It has teeth like a shark!

Point to the edge of the blade.



This knife works best to cut crusty bread or foods with a slippery, waxy surface. The teeth help the knife to dig in and not slip. Grip it the same way as the Chef's knife. Use a back-and-forth sawing motion to cut. Hold the bread (or whatever you're cutting) with your hand in a claw to protect all your fingers. Fingertips are curled under and the thumb is curled inside the claw. Watch the serrated knife do its job.

Demo cutting several slices of bread.



And last, but not least, here's the **paring knife**.

Pick up the paring knife and display it.



It's a great beginner knife. It's used for cutting softer foods like this banana.

Put down the knife. Peel a banana and place it on the cutting board.



Grip the paring knife the same way as the Chef's knife and serrated knife.

Demo the grip slowly.



Now watch the paring knife do its job. Use the push technique. Cut the ends off the banana. Halve the banana. Then cut the halves into rounds. You'll be able to try this.



Here are some final tidbits about knives:

- Run knives along the honing steel to keep them super sharp. Have a parent do this for you.

Demo the honing steel with the Chef's knife.

- Always use separate cutting boards for your meat and vegetables.
- Wash knives by hand. Don't put them in the dishwasher. Dry them right away so water doesn't stay on the metal.

Become A Sharper Chef Activity Script

Have the dip prepared in advance. While explaining the teams, you can:

1. Peel the bananas and put one on a cutting board.
2. Put the grapes on the second cutting board.
3. Quarter the apple and put one wedge on the third cutting board.

Be sure to let everyone on the banana team cut several slices. Let everyone on the grape team halve several grapes. Let everyone on the apple team cut several slices. Gather the group around the demo table.



SAY:

Let's divide into teams: the banana team, grape team, and apple team.

Divide the participants.



Now that we all have our fruit assignment, let's take turns—one team at a time/one member at a time—practicing our push technique with the paring knife. We can all watch and learn from each other.

After the teams have finished their work, be sure to congratulate them.



Great job! Let's enjoy some of this delicious fruit with our dip. You can even sprinkle some of the minced mint on your fruit and/or dip.

Sliced Fruit with Honey-Vanilla Yogurt Dip

Makes 4 servings; 1 cup fruit and $\frac{1}{3}$ cup dip per serving
Per serving: 194 Calories; 0.0 g; Saturated Fat; 35 mg Sodium



Any fruit can be dunked into this American, no-cook yogurt dip—blueberries, strawberries, clementine segments, pear slices—pick your favorite! Work with a grown-up to practice your knife skills and prepare this healthy snack at home.

INGREDIENTS

- 2 cups green or red grapes (halved if desired)
- 2 medium bananas, sliced (about 2 cups banana slices)
- 1 red or green apple, thinly sliced
- 1 $\frac{1}{2}$ cups fat-free, plain Greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract

DIRECTIONS

1. Arrange the fruit on a large plate or platter.
2. In a small bowl, stir together the yogurt, honey, and vanilla until combined. Serve the dip with the fruit.

KIDS IN THE KITCHEN!

Always read the entire recipe two or three times before you begin cooking. That way you'll know exactly what you need and what to do.

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Basic Kitchen Knives



CHEF'S KNIFE

Chefs use this knife for most of their cutting work.



SERRATED KNIFE

This knife has teeth like a shark. It's good for cutting foods with a slippery surface or crusty bread.



PARING KNIFE

This knife works well for cutting softer foods, such as fruit or mushrooms.

Recipes tell you what shape an ingredient should be.

CUT	HERE'S WHAT IT LOOKS LIKE	HOW TO
<p>Chop</p>		<p>This is a chunky type of cut. If a recipe says "coarsely chop," your pieces should be bigger.</p>
<p>Dice</p>		<p>A smaller cut than "chop" (usually less than 1/2-inch cubes). Food should be the size of playing dice. Sometimes this is called "finely chopped." Diced foods cook faster than chopped foods.</p>
<p>Mince</p>		<p>A very small cut. Food is cut into very tiny pieces. Foods that are often minced include garlic, onions, and fresh ginger.</p>
<p>Julienne</p>		<p>A long, thin cut. Your pieces should look like long matchsticks. This cut is often used on vegetables that you can eat raw like carrots or leafy herbs like basil.</p>

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
