



MY KNIFE Teacher's Guide



MY KNIFE

Support resources for Hospitality training.

As a precursor to undertaking Hospitality training, Fliplets eLearning resources introduce students to the operations and terminology used in kitchens in the hospitality industry. Fliplets were initially developed for Aboriginal and Torres Strait Islander students in remote locations but will also have value for students in other contexts. This resource will be valuable both for students undertaking specific vocational learning and those interested in the food preparation and hospitality aspects of Technologies and Work Studies subjects of the Australian Curriculum.

RECOMMENDATION

It is recommended that students examine the 'Fliplet' several times prior to commencement of training, this gives the student basic underpinning knowledge of the subject being taught by the teacher / trainer. Once this has been done it is time for you to begin facilitation of the students learning. It is suggested that you use the recommended activities, questions or group discussions outlined at the end of each topic to develop and test the students understanding of the information in the 'Fliplet'.

OVERVIEW

This resource introduces the student to the various types of knives found in the kitchen, their uses and various handling and cutting techniques for different food items. Specifically, it outlines the following topics:

1. Knife safety
2. Different blades/ Parts of a knife
3. Keeping knives sharp/Honing knives
4. Types of knives
5. Using your knife

It is important that safe work practices according to Occupational Health & Safety principles and procedures are followed and the use of knives in the kitchen is done under direct supervision of a teacher or trainer.

INTRODUCING STEVE

- Refer pages 3 – 4 of 'Fliplet'

Outline

- Introduces Steve the chef and summarises his background in hospitality.

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KNIFE SAFETY

Refer pages 5 – 6 of 'Fliplet'



Outline

- Discusses correct storage, cleaning and handling of knives, focusing on the importance of safety around knives.
- By following the knife safety tips outlines in this 'Fliplet' you are less likely to injure yourself or others.

Suggested Activities

ACTIVITY

Use a ruler to simulate the following activities:

1. Carrying a knife – DON'T carry it out in front of you, DON'T wave it around, DO carry it beside your body walking slowly and carefully. REMEMBER to call out 'Sharp knife behind' as you're walking.
2. Washing a knife – ensure you have a firm grip with the blade facing away from you, using a scourer run it down the blade away from you, carefully clean the handle, rinse to remove soap suds and dry with a clean tea towel. NEVER put a knife into a sink full of soapy water, as when you reach in to grab it the blade may be facing up and cut you.
3. Passing a knife – put the knife on the bench and then the other person can pick it up off the bench or hold it by the back edge of the blade and pass the knife handle first.

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DIFFERENT BLADES/PARTS OF A KNIFE

Refer pages 7 - 8 of 'Fliplet'



Outline

- Provides an overview of the different types of blades found on knives and what they are used for.
- Identifies the different parts of the knife, this is important to understand for later when different types of cuts are examined.

Suggested Activities

QUESTION:

1. What are the three types of blades found on knives and what are they used for?

ANSWER:

1. Straight Blade – allows a smooth clean cut, this is used for firm and soft foods such as meat vegetables and fruit.

Wavy/ Serrated blade – aides in cutting crusty food like bread or roast meat.

Hollow blade – graton edge, prevents fine slices from sticking to the blade, perfect for ham and fish slices.

ACTIVITY

Draw or download a picture of a knife. Get students to identify the different parts of the knife (refer pages 7 - 8 of Fliplet for answers).

3

KEEPING KNIVES SHARP/HONING KNIVES

Refer pages 9 - 10 of 'Fliplet'



Outline

- Considers the four main methods used to sharpen a knife.
- How you choose to sharpen your knives may depend on the equipment available to you.
- When using the steel, it is suggested that students start by using the method that shows the tip of the steel pointing down and resting on the chopping board so the steel does not slip causing injury.

Suggested Activities

QUESTIONS:

1. Why is it important to have a sharp knife?
2. List the four ways to sharpen a knife and why you might or might not choose each method?
3. Which knives should you never sharpen via the mentioned methods?

ANSWERS:

1. It is important to have a sharp knife to ensure it cuts through the food and doesn't move around and cut you.
Electric sharpener – simple to use.
Hand sharpener – easy and handy, fits in your knife box.
Stone Sharpener – difficult, requires a lot of practice to get a good edge.
Steel – using a steel is also referred to as honing a knife, it maintains newly created edge put on by the electric sharpener, hand sharpener or sharpening stone.
3. Bread knife - due to the wavy serrated edge, it does not sharpen the same way (a Cutler (person who sharpens blades) uses a special file to sharpen this knife) and the palette knife which does not have a sharp edge.

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TYPES OF KNIVES

Refer pages 11 - 12 of 'Fliplet'



Outline

- Characterises the different types of knives found in most commercial kitchens and their use.
- Examples include a chef's knife, paring knife, bread knife, filleting knife, boning knife, cleaver, turning knife and a palette knife.

Suggested Activities

ACTIVITY:

List the eight different types of knives, draw a picture of them and briefly outline their use.

1. Chef's Knife – this is the main knife used for preparing most foods, it is an all purpose knife that has a heavy blade and rolls on the chopping board so that the chef has really good control of the knife.
2. Paring Knife – is a small knife good for peeling, shaping or other detailed work. All purpose knife also, but much smaller than the chef's knife.
3. Bread Knife – used for cutting bread, has a serrated edge so it cuts the bread smoothly.
4. Filleting Knife – two types, one is flexible and used for preparing fish, the other is not flexible and used for preparing meat.
5. Boning Knife – used for detaching meat from the bones can be sharpened on a different angle so it doesn't get blunt so quickly due to it coming in contact with bone.
6. Cleaver – large heavy knife with rectangular blade, used for cutting through bones of chicken, fish and small beef or lamb bones.
7. Turning Knife – used to shape vegetables into a barrel shape.
8. Palette Knife – not used for cutting, used for lifting or spreading food items, for example, spreading icing on a cake.

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USING YOUR KNIFE

Refer pages 13 - 14 of 'Fliplet'



Outline

- Shows students how to hold a knife correctly and different cutting techniques.
- Hand Positioning – free hand is in the claw position, with fingertips bent away from the knife edge with your knuckles rolled forwards against the side of the blade to control the cut and ensure you don't cut your fingertips off.

Suggested Activities

QUESTIONS

1. What is wrong with the picture on page 13 (relating to hygiene)?
2. Briefly explain the following cutting techniques and provide an example of a vegetable you would cut this way. Brunoise, Paysanne, Chiffonade and Julienne.
3. How would you cut round vegetables safely?

ANSWERS:

1. The chef should not be wearing a watch when preparing food in the kitchen.
2. Brunoise – small diced vegetables, for example onion.
Paysanne – vegetables cut into rounds, for example, zucchini.
Chiffonade – slice through the leafy vegetable into fine strips, for example, wombuk or cabbage.
Julienne – finely sliced into matchstick size pieces, for example, carrot.
3. To cut a round vegetable safely it is important to top and tail the vegetable, hold firmly and slice one side off, now put this flat edge down and slice as required.

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REVIEW

Refer pages 15 – 16 of 'Fliplet'



Outline

- Reviews all aspects that have been covered in the 'Fliplet'.
 1. Knife safety
 2. Different blades/ parts of a knife.
 3. Keeping knives sharp / Honing knives
 4. Different types of knives
 5. Using your knife

REMINDER

It is important that safe work practices according to Occupational Health & Safety principles and procedures are followed and the use of knives in the kitchen is done under direct supervision of a teacher or trainer.

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QUIZ

Refer pages 17 – 18 of 'Fliplet'



- Students will need to either tick the correct box, or drag and drop into correct place.

Questions / Answers

Activity 1:

Match the knife to the task (clockwise from top left)

Dicing Spring Onion – Chef's knife (3rd knife down)

Cutting Bones – Cleaver (2nd knife down on the right)

Icing a cake – Palette knife (knife at the top)

Filleting a fish – Filleting knife (2nd knife down on the left)

Slicing Bread – Bread Knife (4th knife down)

Potato shaping – Paring knife (bottom knife)

Activity 2:

Match the part of the knife to the name and task.

Diced Onion – Tip of knife

Zucchini slices – middle

Garlic crush – flat of the knife

Chicken - heel

Activity 3:

Which pictures are correct/ safe?

Carry a Knife – Bottom picture knife by your side

Hold a Knife - Top Picture

Pass a knife – Top Picture

Wash a knife – Bottom Picture

8

GLOSSARY

Refer pages 19 - 20 of 'Fliplet'



| KNIVES | | |
|-----------------|---|---|
| GLOSSARY TERM | Pic | Audio |
| Chef's knife |  |  |
| Faring knife |  |  |
| Bread knife |  |  |
| Filleting knife |  |  |
| Boning knife |  |  |

- The glossary reviews the key words from the Fliplet in the written word, a picture format and audio format. This is so the students can practice identification and pronunciation of the key words.

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RESOURCE SUGGESTIONS/WEBSITES

Resource

Copy the pictures from the glossary and use as a flash cards exercise via a smart board or hard copy, divide class into three groups and take turns to identify the cards to win points or in pairs to test each other.

Arrange for a selection of vegetables and practice using the cutting techniques described in the Fliplet. Once all the vegetables are cut or sliced the students can make a minestrone soup. A recipe can be found on the Northern Territory Department of Education and Training moodle site, in the Fred Hollows cook book or any good cookbook.

Websites

Picture of a knife:

<http://z.about.com/d/culinaryarts/1/0/C/8/-/-/knifeanat1.jpg>

Knife sharpening video:

<http://au.lifestyle.yahoo.com/better-homes-gardens/tv-and-video/video/watch/f9b2be9a-9229-35d3-9d80-f6c71d3416e3/how-to-sharpen-knives/>

The Fred Hollows cookbook – aimed a indigenous community members:

<http://batchelorpress.com/books/kukumbat-gudwan-daga>

Minestrone soup recipe example:

<http://www.thebiggestloser.com.au/recipes-misc-minestrone-soup.htm>

NOTES

