



Food Education

Safe Cutting Skills



Children Learning to Cut Food Safely



- We have been enjoying lots of baking activities recently. Young children learn about where food comes from as they prepare and taste it.
- The children can help to make their own healthy snacks. An important part of this is learning how to use tools safely.





In the family centre children use knives like this:



Kiddi Kutter
children's
safety knife

There are various types of cutting skills

- The bridge



Create a bridge with the food ensuring your finger is on one side and your thumb is on the another, hold the food like a bridge and cut through. Children may like to imagine the food as a train which goes under a bridge and through a tunnel. This is good learning to cut circles, halves and quarters.

Cutting Skills

- The Claw grip



Create a claw shape by curling your fingers slightly. Press the ends of your nails against the food to be gripped and then lean your fingers slightly forward so you can't see them as you look down (**always be aware**). The safety aspect is that your fingers are tucked away and move back as you cut keeping them safely out the way. This is good for slicing and dicing.

Cutting Skills

- Fork Secure
- Putting the fork into the food secures it so that when you cut it, it does not slip around the chopping board but is secure making sure hands are safe.



Cutting Skills

- Grating



- Make sure that when grating a piece is left at the end so there are no injuries. Peeling the vegetable away from the body is best. Some food may be better halved so that it is easier to work with.

Types of cutting skills

Peeling



- Again, hold the vegetable away from the body, and then hold the peeled end and repeat the process, leaving some carrot so it is not too near the hands.



What are the children learning?

Curriculum for Excellence

- I enjoy experimenting with foods in different contexts **TCH 0-04a**
- Within real and imaginary settings, I am developing my practical skills as I select and work with a range of materials, tools and software. **TCH 0-12a**

Curriculum for Excellence

- I explore and discover where foods come from as I choose, prepare and taste different foods. **HWB 0-35a**
- **SKILLS:** Identifies, prepares and tastes a range of foods for example fruit and vegetables.

Fun Food!!!

Remember was your hands
between 20-30 seconds



Healthy body, healthy mind

