



Lesson plan for teachers

Lesson 2:

How to use a knife



Learning intentions

- ★ To learn how to use a knife safely and confidently
- ★ To understand the different knives used in the kitchen
- ★ To construct a sandwich
- ★ To make a **Simple fruit platter**
- ★ To understand how to make a balanced lunch

Key skills

- ★ Identifying different knives for different jobs
- ★ Knife safety
- ★ Knife skills: bridge, claw and spreading
- ★ Making a sandwich
- ★ Preparing fruit for a fruit platter

Before the lesson

- ★ Read through lesson plan and narrative in full
- ★ Review **Knife Safety handout**
- ★ Read through recipes in full
- ★ Print one copy of each recipe per pupil
- ★ Gather ingredients and equipment needed for the **Cheese and tomato sandwich**, **Simple fruit platter** and additional sandwich fillings, as appropriate (including cucumbers for practicing knife skills)
- ★ Remove butter from fridge to soften and make it easier to spread
- ★ Print images of different kitchen knives to show children

Running order

- 1 Welcome children to the classroom
- 2 Introduce learning intentions
- 3 Show children different knives and explain that they will learn to use a regular eating knife, a paring knife, a chef's knife and a serrated knife
- 4 Explain about the handle and blade of a knife
- 5 Recap rules and get ready to cook
- 6 Select bread, allow children to taste it, then begin sandwich making
- 7 Secure chopping boards
- 8 Explain why we use butter and demonstrate spreading
- 9 Demonstrate bridge knife technique with cucumber and allow children to taste it
- 10 Demonstrate claw knife technique with cucumber and cheese and allow children to taste them
- 11 Assemble sandwiches
- 12 Demonstrate how to prepare fruit
- 13 Make **Simple fruit platter**
- 14 Finish with discussion questions

Terms and techniques

- ★ Paring knife
- ★ Chef's knife
- ★ Serrated knife
- ★ Blade and handle
- ★ Bridge
- ★ Claw
- ★ Spreading
- ★ Preparing fruit

Lesson 2 continued: How to use a knife



Curriculum links

D & T

Designing a sandwich

Science

The balanced plate

Your notes...



Lesson narrative for teachers

Lesson 2: How to use a knife



Introduction: 15 minutes



In today's lesson we're going to be learning about one of the most important pieces of kitchen equipment there is. Can anyone look around and guess what that might be?

Let the children guess. The knife.

The knife is a very important tool in the kitchen – so important in fact, that chefs collect their own knives and keep them no matter which restaurant they work in. Just like an artist collects brushes and pencils, a chef collects knives.

Who has used a knife before in the kitchen?

Who hasn't used one?

There are all sorts of different knives: big knives, small knives, skinny knives and fat knives.

★ **Try to have a variety of different knives or images of knives ranging from regular eating knives to a chef's knife and a cleaver to show the children. All knives need to be stored in a locked box and should be counted in and out at the start and end of every lesson.**



Each knife has a different job. Can you think of what some of these different knives might be used for?

★ **Show images of a regular eating knife (for spreading or eating), a serrated bread knife (slicing bread), a boning knife (flexible to bend around bones) or butcher's cleaver (strong enough to break through tough parts of the animal).**



When we cook, we are going to learn to use four different kinds of knives: a regular eating knife **show the regular eating knife**, a paring knife **show the paring knife**, a chef's knife **show the chef's knife** and a serrated bread knife **show the serrated bread knife**. These four knives will allow us to prepare almost anything we can think of.

Each of these knives has two basic parts: the handle and the blade. We hold the knife by the handle with a nice firm grip. This allows us to control the blade while we cut. It's important to always keep the handle clean so that your grip is good at all times. If you get some oil, grease or a splash of something on it, stop what you are doing and carefully wash and dry the handle before you continue.

The blade is the bit that does the cutting. It can be thin and smooth like these knives **show the paring or chef's knife** or it can have ridges, a bit like little teeth **show the serrated bread knife**. The ridges are kind of like a saw, which help to cut through hard crusty and soft bread with a saw-like motion without squashing the loaf. What do you think is the most important thing to remember about the blade of a knife? **It's very sharp!** We need to be very careful and respectful when we use knives because they are incredibly sharp. We always need to make sure that our fingers are away from the blade, and that we work slowly while we practice our skills.

If you do cut yourself, make sure you tell an adult straight away – you won't be in trouble and accidents can happen – it's important to get it treated straight away. Chefs might chop and slice quickly, but that's only after years of practice, so when we use knives in the classroom we are always going to take things slowly, behave sensibly and be incredibly careful.

★ **Go through the Knife safety handout and clearly set the expectations for the class.**

Lesson 2 continued: How to use a knife



Are you ready to learn some expert skills so that we learn how to use our knives safely and confidently? We are going to practice three different techniques today: spreading, cutting using the bridge technique and cutting using the claw technique. Let's get ready to cook!

Children get ready to cook:

- ★ Roll up sleeves
- ★ Tie hair back
- ★ Remove jewellery
- ★ Put aprons on
- ★ Wash hands

Cover the key rules for the kitchen, suggesting ideas if the children aren't heading in the right direction.

Cooking: 50 minutes



I'm going to set the knives aside for a minute while we get started. Who can tell me what a sandwich is? **A sandwich is a roll or two slices of bread with something tasty in the middle.** You might think that sandwiches aren't very exciting, but the fact is, you can make them very quickly, they're easy to take with you and there is no excuse for them not to be delicious! You can transform a sandwich into something really special and exciting depending on the type of bread that you choose, the spread that you put on it, and the ingredients you fill it with.

Right, the first thing that we need to do is choose our bread. We have all different sorts of bread to try. **Explain about the selection of bread on offer.** There are so many different types of bread – it can be sliced or left whole, white, brown, round or flat. It can have seeds or nuts or even lovely fruit in it, or can even have a hole in the middle, just like a bagel. We can choose any of these breads for our sandwich, but we need to think about what flavours will go nicely with the different fillings. Come and have a taste, then you can decide which bread you would like to use for your sandwich.

- ★ Children select the bread they would like to use and return to their cooking stations.



Next we need to secure our chopping boards at our workstations so that they don't slip around while we are trying to prepare our food. We're using non-slip boards today, but you can secure your board when cooking at home by getting yourself a damp piece of kitchen paper or a small cloth and laying it flat on the table, then placing the chopping board on top. This will keep it secure and stop it from slipping.

- ★ Demonstrate how to do this as you explain, then hand the children damp towels so they don't have to queue at the sink.



Now, let's place our bread onto our chopping boards. One of the most important steps to making a delicious sandwich is to begin by spreading a thin layer of something soft and a little oily on your slice of bread before you add the filling. This adds flavour, but it also protects your bread so that watery things in your filling, like tomato, do not soak through and make your sandwich all soggy. No one likes a soggy sandwich!

Who can think of something soft and a little oily that we can spread on our sandwiches? **Butter, good-quality mayonnaise, houmous, pesto or peanut butter all make great spreads.**

Lesson 2 continued: How to use a knife



Today we're going to use butter. It has been out of the fridge for a little while now so that it's nice and soft and easy to spread. Which of these knives do you think we should use to spread our butter? **Show all the knives** We don't need the sharp tip to spread, so it's best to use the rounded regular eating knife. Can someone show me how to hold a knife properly?

★ **Show how to hold a regular eating knife, with the handle in your palm.**



Great! Now are going to use the rounded tip of the knife to get some butter – remember, a little bit goes a long way, so there's no need to overload your knife. Next, we're going to spread the butter evenly across the bread.

★ **Demonstrate spreading the butter onto the bread, then let the children do the same.**



Once you've finished spreading, please place your regular eating knives carefully down next to your chopping board and move the bread to a plate so that we can use our boards for other things.

Now we are going to cut up some different fillings for our sandwich. We have some lovely Cheddar cheese and a nice fresh cucumber to practice our knife skills on, then we'll assemble our sandwiches.

So, the first knife technique we're going to learn today is called 'the bridge.' The bridge is used to cut ingredients down into smaller pieces so that they're easier to work with. We are going to use our paring knife **hold up the paring knife** which is perfect for cutting fruit or vegetables into smaller pieces. I am going to use the bridge to cut our cucumbers in half lengthways to create a nice flat surface to rest against our chopping boards – this is much easier than chopping using the round wobbly bottom of the cucumber as your base.

★ **Explain the bridge technique as you demonstrate by cutting the cucumbers in half first across the width, then again across the length.**



Begin by forming a bridge over the cucumber with the hand that we're not going to use to hold the knife. Can everyone make a bridge with their fingers and show me?

★ **Demonstrate the bridge as you explain.**



Make sure the arch is nice and high so there's plenty of room for your knife to fit underneath. Hold the cucumber with your fingers on one side and your thumb on the other. Now, pick up the knife with your other hand. Make sure the blade is facing downward and carefully guide the knife under the middle of the bridge. Cut into the middle of the ingredient by pressing down and sliding the knife back towards you out of the bridge. You can repeat the bridge until you have the number of pieces that you need.

★ **Children can practice using the bridge to cut the cucumber halves into quarters. This should be highly supervised by adults, so if you don't have enough adults, get the children to take it in turns or to come up to the front, one at a time to show the bridge. If confident in the group of children and the number of adults present, pass out the knives to the children. Remind the children that they need to carefully place their knife next to their chopping board when they are finished and wait for the next step.**



Next we are going to learn about 'the claw' technique and use it to slice the cucumber for our sandwiches.

Lesson 2 continued: How to use a knife



★ Demonstrate the claw as you explain.



First we make a claw with our left hand (or if you are left handed, with your right hand), by partly curling your fingers closely together, making sure you tuck your fingertips and thumb out of the way. This way your fingers are nice and safe away from the blade of the knife.

Pick up the knife with your other hand. Make sure the blade is facing down and place your claw on top of the ingredient. **Demonstrate clearly.** Now, pick up the knife with your other hand. Place the tip of the knife on the board just in front of the ingredient you're chopping and slowly push down, slicing through your cucumber, sliding the knife through the ingredient and back towards you. To make your next slice, move your fingers back along the ingredient, gripping and keeping your fingers together in the same way. Remember to stop between slices to check where your knife and your fingers are – and remember, it's not a race!

★ Children should practice using the claw to cut slices of cucumber. Keep reminding all the children to take things slowly and to keep their fingers back away from the blade of the knife.



Alright, what else would be good to cut up and add to our sandwiches? How about some nice Cheddar cheese? If we want to get some slices or strips of cheese, which technique should we use to cut it? **The claw.** Yes, let's use the claw to cut some slices for our sandwiches.

★ Give each child a large chunk of cheese to cut their two slices from, as small pieces are difficult to hold safely.



How about some nice fresh juicy tomatoes? I am going to slice these up for us, as tomatoes can be a bit tricky while we're still practicing.

★ When all the children have practiced slicing, gather the cheese, tomato and cucumber slices onto separate plates, along with any other sandwich ingredients you need so that the children can easily choose when assembling their sandwich. Ingredient suggestions include: quality sliced ham, mackerel pâté (see **Herby smoked mackerel pâté** recipe) and salad leaves, such as lettuce, watercress or cress.



Let's assemble our sandwiches. Try to think about the different flavours and textures you can build: maybe a bit of crunch like some lettuce with something soft like mackerel pâté, or salty cheese with your sweet tomato. It's always good to have some kind of vegetable in your sandwich, so make sure you add in ingredients like salad leaves, cucumber slices or tomato slices.

★ Children to assemble their own sandwich, cut it into manageable pieces and place it on their plate. Regroup to make the fruit platter before sitting down to eat.



Before we eat our sandwiches, we're going to cut up some fruit for a lovely fresh fruit platter to serve with our lunch. We've got some satsumas, apples, bananas, red grapes and some lovely little blueberries for our fruit platter today. Let's start with our satsumas. Satsumas are part of the orange family, but are smaller, sweeter and make a great snack.

Has anyone eaten a satsuma before? The best part is that they are super easy to peel and we don't need to cut them up.

Lesson 2 continued: How to use a knife



★ Hand each child a satsuma to peel and break into segments, then place on a platter.



Now for the apples. I am going to use the bridge to cut this apple into chunks, avoiding the core which holds the pips, then we're going to cut it into smaller pieces for our fruit platter.

★ Give each child a quarter of an apple to recap the bridge technique, or invite one or two children come up to the front to help prepare the apples. Add the apple to the platter.



We now need to cut the banana into slices, just like we did with the cucumbers – which knife technique should we use? **The claw**. Yes, let's use the claw to cut some nice banana slices.

★ Peel the banana, recap and demonstrate the claw technique. Give each child half a banana to slice, or invite one or two children to come up to the front to prepare the bananas. This can be done with a regular eating knife and needs less supervision. Add the banana to the platter.



The rest of our fruit doesn't need any preparation. We want to make sure we give our blueberries and grapes a good a rinse before we eat them – remember, it's important to always wash our fruit and veg, then we can just add them whole to our platter.

★ Invite one child to come up and add the blueberries, and another to add the grapes.



We're almost ready to eat our delicious lunch. We just need to tidy up, then we can take everything to the table. When we're cleaning knives, we need to remember some really important things. First of all, when we're carrying the knives to the sink we need to hold them carefully by our side with the blade facing down, just like we would with scissors. We also need to clean the knives and put them away straight afterwards – don't leave them in the sink because the next person who comes to use the sink might not know they're there, and it could cause an accident.

★ Tidy the cooking stations, and move to the table to eat lunch. Each child can bring their plate and sandwich to the table, then place the fruit in the centre so that the children can serve themselves.

Discussion question suggestions:

- ★ Who can think of some other delicious sandwich filling combinations?
- ★ If you could open a sandwich shop, what would your speciality be?
- ★ What would you call your shop?
- ★ What else could you serve to go with your sandwiches?
- ★ What is the strangest piece of fruit you have ever seen?
- ★ Can you think of some other nice fruit that would work well on our platter?



Cheese and tomato sandwich

Serves 1



Jamie's top tip

One of the most important things to remember is to spread a thin layer of butter over each slice of bread before adding your filling - not only will this add flavour, but it will also protect watery things in the filling from soaking through and making your sandwich soggy.

Ingredients

- unsalted butter
- 2 slices of fresh wholemeal bread
- 20g Cheddar cheese or other hard cheese
- 1 medium ripe tomato
- freshly ground black pepper

Equipment list

- Chopping board
- Regular eating knife
- Weighing scales
- Knife
- Clingfilm



Here's how to make it

- 1** Take the butter out of the fridge so that it can soften ready for spreading.
- 2** Lay the slices of bread on a chopping board.
- 3** Use a regular eating knife to spread the slices of bread lightly with butter, making sure you spread it right to the corners - this will make the bread waterproof.
- 4** On a chopping board, use a knife to carefully slice the cheese so it's roughly the thickness of a pound coin.
- 5** Lay half the slices of cheese evenly over one of the slices of buttered bread.
- 6** Slice the tomato so it's a similar thickness to the cheese, then place on top of the cheese.
- 7** Sprinkle over a little pinch of freshly ground black pepper.
- 8** Evenly layer the remaining slices of cheese on top of the tomato.
- 9** Place the remaining piece of bread, butter-side down, on top and press down lightly with your hand to stick everything together.
- 10** Cut in half or into quarters, then serve straight away on a plate, or wrap up in clingfilm and chill for later.

Allergy info



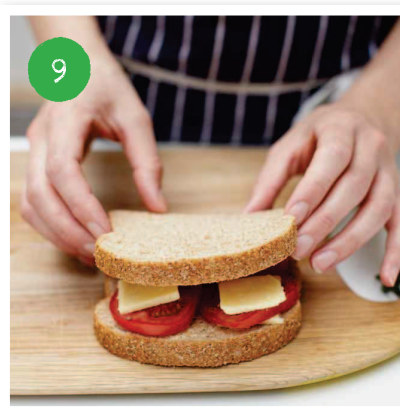
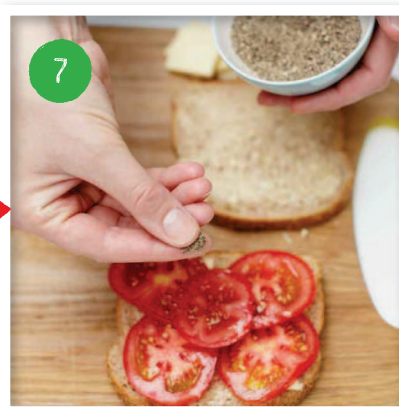
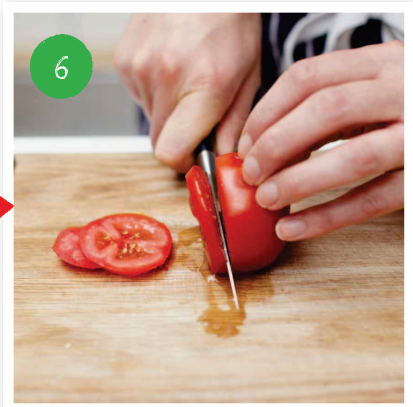
wheat, gluten, dairy



For nutritional information ask your teacher.

1

Step by step



Ham, cheese and watercress sandwich

Serves 1



Jamie's top tip

You might think there's not anything remotely exciting about sandwiches, but the fact is that you can make them in seconds, they're portable and there's no excuse for them not to be delicious - there are so many combinations and choices that you'll never have to get stuck in a rut and eat the same thing every day.

Ingredients

- unsalted butter
- 2 slices of fresh wholemeal bread
- optional: English mustard
- 20g Cheddar cheese
- 2 slices of quality ham
- 5 sprigs of watercress

Equipment list

- Chopping board
- Regular eating knife
- Weighing scales
- Knife
- Clingfilm



Here's how to make it

- 1** Take the butter out of the fridge so that it can soften ready for spreading.
- 2** Lay the slices of bread on a chopping board.
- 3** Use a regular eating knife to spread one of the slices lightly with butter, making sure you spread it right to the corners - this will make the bread waterproof.
- 4** Spread the other slice very thinly with mustard, if using, or butter if you prefer.
- 5** On the chopping board, use a knife to carefully slice the cheese so it's roughly the thickness of a pound coin.
- 6** Lay the slices of cheese evenly over the slice of buttered bread so they cover it.
- 7** Top with the slices of ham.
- 8** Pile on the watercress.
- 9** Place the remaining piece of bread, butter-side down, on top and press down lightly with your hand to stick everything together.
- 10** Cut in half or into quarters, then serve straight away on a plate, or wrap up in clingfilm and chill for later.

Allergy info



wheat, gluten, dairy, mustard

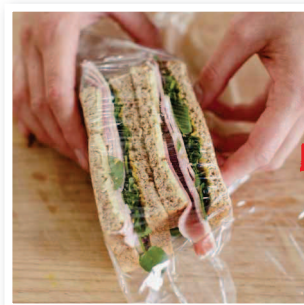
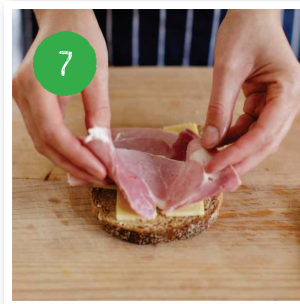
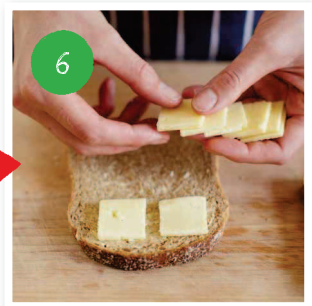
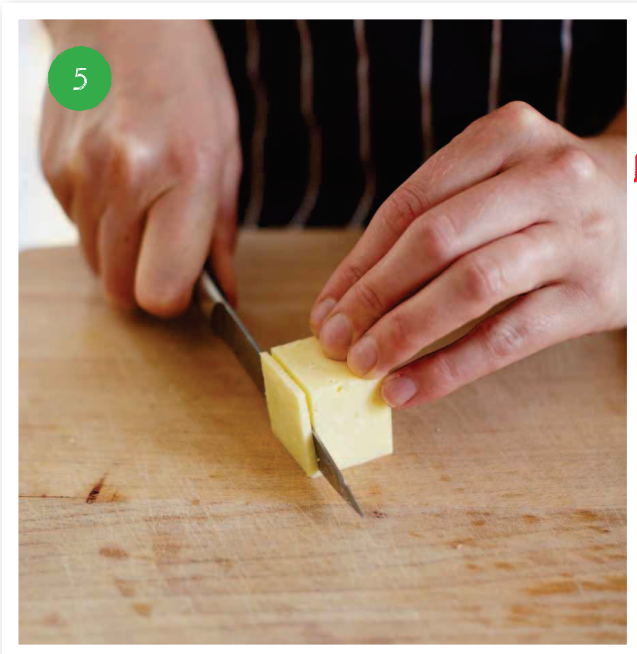
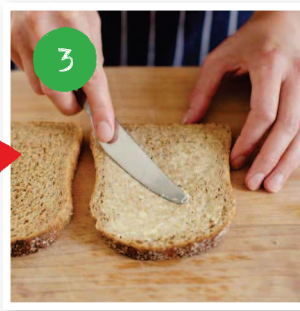
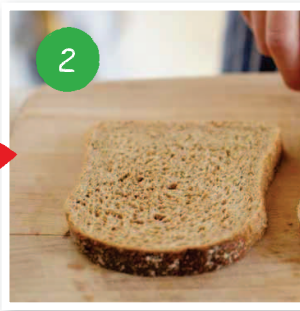


Sometimes food

For nutritional information ask your teacher.

1

Step by step





Nice and simple fruit platter

Serves 8



Fruit platters are a great way to celebrate seasonal produce - feel free to vary the fruit depending on what you have growing, or choose fruit that looks beautifully ripe and at its best.

Ingredients

- 4 satsumas or clementines
- 2 red apples
- 2 bananas
- 100g red grapes
- 200g blueberries
- optional : 400g natural yoghurt
- optional: 30ml runny honey

Equipment list

- Chopping board
- Knife
- Serving platter
- Weighing scales
- Small bowl

Here's how to make it

- 1 Peel the satsumas or clementines and break them into segments.
- 2 On a chopping board, cut the apples up into even-sized pieces, removing and discarding the cores.
- 3 Peel the bananas and cut into nice big slices.
- 4 Arrange the chopped fruit nicely on a serving platter, then scatter over the grapes and blueberries.
- 5 Serve with a bowl of natural yoghurt swirled with honey on the side, if you like and let everyone help themselves.

Allergy info



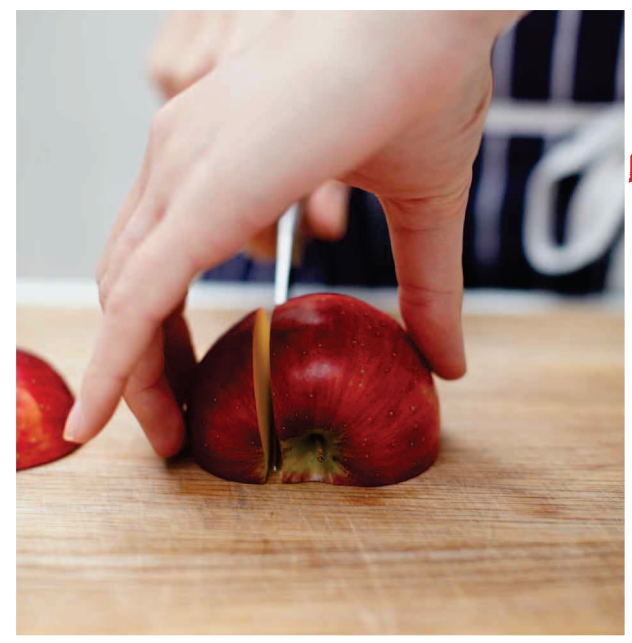
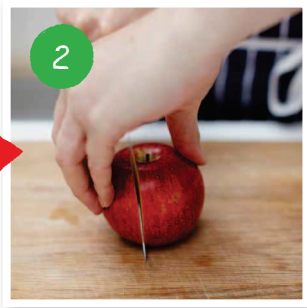
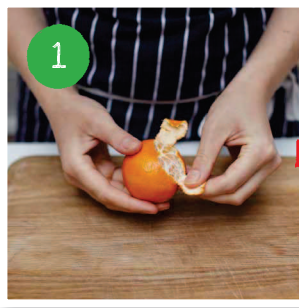
dairy



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Step by step



For a summery fruit platter:

Serves 16

Ingredients

- ½ ripe cantaloupe or honeydew melon
- 200g ripe strawberries and/or summer berries
- 100g cherries

Extra equipment

- Spoon

Allergy info 

dairy

Here's how to make it

- 1 On a chopping board, cut the melon in half, deseed using a spoon, then cut one half into four wedges (save the rest for another day).
- 2 Using a spoon, scoop away the flesh, then chop into bite-sized chunks.
- 3 Pick the top leafy bits off the strawberries, if using, cutting any bigger ones in half.
- 4 Add the melon, strawberries and/or summer berries, and whole cherries to the **Nice and simple fruit platter**.

For an autumn fruit platter

Serves 16

Ingredients

- 2 ripe pears
- 2 ripe plums
- 1 pomegranate
- 200g raspberries

Extra equipment

- Spoon
- Teaspoon
- Wooden spoon

Allergy info 

dairy

Here's how to make it

- 1 On a chopping board, cut up the pears into even-sized pieces, removing and discarding the cores.
- 2 Carefully cut all the way around the plums in a circle, then twist until you can pull the two halves apart. Pull out and discard the stone from the centre – you can use a teaspoon to help you scoop it out if you need to, then chop into quarters.
- 3 Add the pears and plums to the **Nice and simple fruit platter**.
- 4 Halve the pomegranate, then holding the cut-side down in your hand, bash the back with a spoon so that all of the seeds come tumbling through your fingers over the platter. Pick out and discard any bits of white pith.
- 5 Sprinkle over the raspberries.



Step by step

Summery fruit platter



Autumn fruit platter

