



Hospitality and Catering

Knife Skills

Lesson 7

This course will enable you to become proficient in knife skills.





How to use a knife?

Correct stance, no slouching and stand upright.

If you work long hours then slightly bend your knees.





Hold the knife

Hold firmly but not too tight, ensure your hand is in the middle of the handle and not pushed towards the blade.





Hold the food

With your free hand, hold the product securely with enough pressure.

Curl fingers inward with your thumb tucked in. This prevent cuts and accidents.





Slice or chop

Place the knife onto the food, the knife can touch the knuckles on the other hand as a guide.





Slice or chop

Chopping: Place the knife on the food at the tip and then slice and move the back of the knife down to chop. It looks like 'rock and chop'





Slice or chop

Slicing: Place the knife on the food at the tip and then slice back and forth with a slight pressure.





Be professional

This is the only profession where
you can legally carry knives to work.
Act responsibly and safely when
carrying knives.





Revision Activity 7

**How do you slice or chop
food safely?**