



Knife Safety Tips for Kids



- Consider buying a "kid" friendly knife before advancing to standard kitchen knives. We recommend Curious Chef Knives.
- Using a sharp knife is always safer than a dull knife. A dull knife requires more force to cut. Let the sharp knife do the work for you.
- Practice holding the knife. Some kids like to grip the handle of the knife and others might feel more comfortable placing a finger on the pointer of the knife.
- The tip of the knife should always touch the cutting board. Move the knife in an up and down motion using the wrist.
- Keep the hand without the knife away from the blade. Use a "bear claw" with fingers tucked in when holding food to be cut.
- Placing a damp cloth under the cutting board is an important step in staying safe in the kitchen. This will stop the board from sliding around while using.
- Never use a knife while seated or leaning against a chair. It's important to remove chairs and stools. Stand straight up. This gives you the most control over the knife.

Still Hungry?

Visit www.sweetencounterkids for more lessons, activities, recipes, and videos. Make sure to check out our monthly Top Chef competitions! Follow us on social media.

#SEKids

@SEKids

