



GEORGIA

PEACH STATE PATHWAYS

Career, Technical, & Agricultural Education

CULINARY ARTS

PATHWAY: Culinary Arts

COURSE: Introduction to Culinary Arts (ICA)

UNIT: 5.1 Kitchen Knife Use – Key Fundamentals



INTRODUCTION

Annotation:

This lesson will cover the key fundamentals of knife care, safety sharpening, types of blades and components of knives. The knife is the chef's most important hand tool and this lesson should stress that importance.

Grade(s):

X	9 th
X	10 th
X	11 th
X	12 th

Time: 7 Hours

Author:

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Students with Disabilities:

For students with disabilities, the instructor should refer to the student's IEP to be sure that the accommodations specified are being provided. Instructors should also familiarize themselves with the provisions of Behavior Intervention Plans that may be part of a student's IEP. Frequent consultation with a student's special education instructor will be beneficial in providing appropriate differentiation.



FOCUS STANDARDS

GPS Focus Standards: Please list the standard and elements covered.

CA-ICA–6. Students will examine and perform all aspects of kitchen knife use and classic knife skills.

- a. Identify the different types of knives, their use, parts, and components.
- b. Identify and practice proper knife safety procedures and rules.
- c. Demonstrate correct knife sharpening.
- e. Demonstrate proper knife safety, cleaning, and storage.

GPS Academic Standards:

SCSh2. Students will use standard safety practices for all classroom laboratory and field investigations.

National / Local Standards / Industry / ISTE:

NFCS-8.5.1. Demonstrate skills in knife, tool, and equipment in handling.



UNDERSTANDINGS & GOALS

Enduring Understandings:

Students will understand that the knife is an essential tool in any professional kitchen. As a result, it is important to understand how to safely and properly use a knife, as well as understand the variety of knives available for use.

Essential Questions:

- What is the importance of the knife?
- What are some proper safety and care to a professional chef or cook?

Knowledge from this Unit:

- Students will list and describe the different types of knives.

Skills from this Unit:

- Students will be able to use a variety of knives.
- Students will be able to demonstrate proper knife care and safety.



ASSESSMENT(S)

Assessment Method Type: Select one or more of the following. Please consider the type(s) of differentiated instruction you will be using in the classroom.

- ☐ Pre-test
- ☐ Objective assessment - multiple-choice, true- false, etc.
 - ☐ Quizzes/Tests
 - ☐ Unit test
- ☐ Group project
- ☐ Individual project
- ☐ Self-assessment - May include practice quizzes, games, simulations, checklists, etc.
 - ☐ Self-check rubrics
 - ☐ Self-check during writing/planning process
 - ☐ Journal reflections on concepts, personal experiences and impact on one's life
 - ☐ Reflect on evaluations of work from teachers, business partners, and competition judges
 - ☐ Academic prompts
 - ☐ Practice quizzes/tests
- ☐ Subjective assessment/Informal observations
 - ☐ Essay tests
 - ☐ Observe students working with partners
 - ☐ Observe students role playing
- ☐ Peer-assessment
 - ☐ Peer editing & commentary of products/projects/presentations using rubrics
 - ☐ Peer editing and/or critiquing
- ☐ Dialogue and Discussion
 - ☐ Student/teacher conferences
 - ☐ Partner and small group discussions
 - ☐ Whole group discussions
 - ☐ Interaction with/feedback from community members/speakers and business partners
- ☐ Constructed Responses
 - ☐ Chart good reading/writing/listening/speaking habits
 - ☐ Application of skills to real-life situations/scenarios
- ☐ Post-test

Assessment(s) Title:

Assessment(s) Description/Directions:

Attachments for Assessment(s): Please list.



LEARNING EXPERIENCES

Instructional planning: Include lessons, activities and other learning experiences in this section with a brief description of the activities to ensure student acquisition of the knowledge and skills addressed in the standards. Complete the sequence of instruction for each lesson/task in the unit.

Sequence of Instruction

1. Identify the Standards. Standards should be posted in the classroom for each lesson.

CA-ICA–6. Students will examine and perform all aspects of kitchen knife use and classic knife skills.

SCSh2. Students will use standard safety practices for all classroom laboratory and field investigations.

NFCS-8.5.1. Demonstrate skills in knife, tool, and equipment in handling.

2. Review Essential Questions.

- What is the importance of the knife?
- What are some proper safety and care to a professional chef or cook?

3. Identify and review the unit vocabulary.

4. Assessment Activity.

Set Induction: Instructor will handout list of different types of knives and a diagram of parts of a chef knife.

- **Show “knife care” video**
- **Demo on care and sharpening knives**
- **Quiz**

Learning Activities:

- 1) The instructor will describe types of knives, blades and edges.
- 2) Most common knives used.
 - Chef’s Knife- All purpose, 8 or 10 inch
 - Paring Knife
 - Slickers
 - Serrated slicers
 - Boning and Filleting
 - Utility- Smaller than chef’s, 5-8 inches

Types of blades:

- **Forged**- formed by placing a heated rod or bar into a mold and hammered into desired shape.
- **Stamped**- .Formed by cutting from a single sheet of metal. Usually
- Less durable than forged blades.

- **Taper-ground edge**-sides of the blade taper from the blades thickest point. Good for heavy cutting and chopping.
- **Hollow-ground**-sides near the edge of blade are ground away, making it extremely sharp. Good for carving and slicing.
- **Serrated-edge**-(sawtooth), good for slicing foods with crust or firm skin.
- **Single-Sided edge**-sharpened on one side, commonly used with Japanese style knives.

3) Instructor to describe parts of knife and how to properly hold knife.

- **Tang**-(Partial or full) part of the blade that is attached to the handle
- **Bolster**-collar where the blade meets the handle
- **Rivets**-attaches blade to wood handle knives
- **Blade**-cutting part of knife
- **Heal**- back part of blade

Instructor will describe safety, difference in honing and sharpening.

Safety-

- Knives should always be held by its handle
- Never attempt to catch a falling knife
- Always pass a knife by its handle first
- Do not allow knives to hang over edge of table
- Do use knives to open containers
- Keep knives down and by your side when walking in the kitchen
- Never borrow a knife without asking permission
- A dull knife is not safe, always keep knives sharp
- Always hone your knife after use to keep its edge
- Instructor to show how to properly wipe blade down with edge facing away and fingers not touching blade edge.
- Never leave knives unattended in kitchen sinks
- Knives should be properly stored in knife bag or case

Note: cuts are common place in the kitchen, review procedures if a student cuts themselves.

A common misconception is that the steel is used to sharpen a knife. The steel is used only to hone, which means to bring the blade back in balance, when a knife gets dull it must be either:

- **Taken to a professional knife sharpener**
- **Sharpened on a stone**
- **Sharpening will vary depending on what items are being cut and how often the knife is being used.**

1)Student/teacher activity

1. Instructor to demo proper honing technique and angle of knife
2. Types of sharpening stones should be explained and also making sure to use water or mineral oil. Once oil is used on the stone it should only be continued with oil only.
3. Mineral oil should only be used, other oils will go rancid.
4. The sides of the stone will differ in grit-the degree of coarseness
5. Instructor should show students how to properly sharpen there knives and explain they degrees of coarseness
6. Using either a dual sided or tri- stone, demo proper sharpening using a 20 degree angle on the blade.
7. Teacher to use various vegetables to demonstrate how each knife is to be used and held

Example-slicing a tomato with chef's knife and slicer, dicing a onion, chopping garlic or parsley, tourne a potato using paring knife.

Student practice:

- Each student should take turns using sharpening stone, taking note of hand placement and more importunate angle of the knife.
- Each student will then practice honing there knives, again being aware of hand positioning and knife angle.

Transfer Out: Review knife names, safety, proper storage, when to hone or sharpen and cleaning knives. They are the chef's most important hand tool.

Attachments for Learning Experiences: Please list.

Notes & Reflections: May include notes to the teacher, pre-requisite knowledge & skills, suggestions, etc.



CULMINATING PERFORMANCE TASK (Optional)

Culminating Unit Performance Task Title:

Culminating Unit Performance Task Description/Directions/Differentiated Instruction:

Attachments for Culminating Performance Task: Please list.



UNIT RESOURCES

Web Resources:

Attachment(s): Supplemental files not listed in assessment, learning experiences, and performance task.

Materials & Equipment:

What 21st Century Technology was used in this unit:

<input type="checkbox"/>	Slide Show Software	<input type="checkbox"/>	Graphing Software	<input type="checkbox"/>	Audio File(s)
<input type="checkbox"/>	Interactive Whiteboard	<input type="checkbox"/>	Calculator	<input type="checkbox"/>	Graphic Organizer
<input type="checkbox"/>	Student Response System	<input type="checkbox"/>	Desktop Publishing	<input type="checkbox"/>	Image File(s)
<input type="checkbox"/>	Web Design Software	<input type="checkbox"/>	Blog	<input type="checkbox"/>	Video
<input type="checkbox"/>	Animation Software	<input type="checkbox"/>	Wiki	<input type="checkbox"/>	Electronic Game or Puzzle Maker
<input type="checkbox"/>	Email	<input type="checkbox"/>	Website		