

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching a segment of *Knife Skills*, answer the following questions.

SAFETY KNIFE SKILLS

1. How can you keep your cutting board from slipping on the countertop? _____

2. What is the proper way to hold a cook's knife? _____

3. What is the difference between a sharpening steel and a honing steel? _____

EQUIPMENT KNIFE TYPES

1. What are the three types of knives that are most important to have in your kitchen? _____

2. What foods are serrated knives used to cut? _____

3. If you only have one knife in your kitchen, which knife does Chef Marshall recommend? _____

CUTTING METHODS FOR FRUITS & VEGETABLES

1. Define the following terms:

Slice: _____

Dice: _____

Chop: _____

2. How is a "slice" different from a "draw"? _____

3. What should your non-knife hand look like? _____

4. How can you quickly remove the peel from a kiwifruit? _____

CUTTING METHODS FOR MEAT

1. How do you skin a whole fish filet? _____

2. Why might you cut your roast into steaks or cut a whole chicken into pieces?

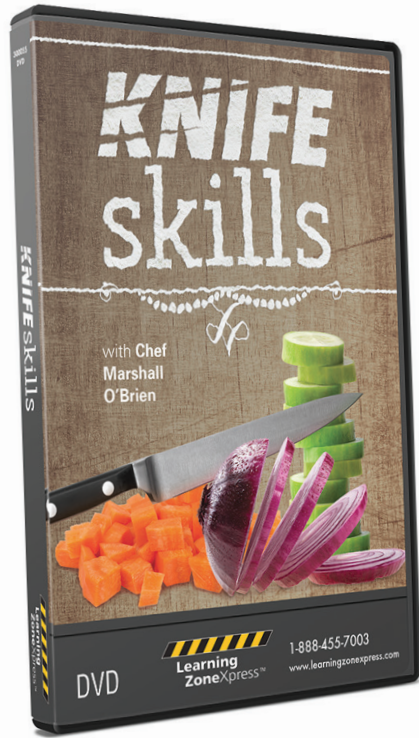
USING THE BLENDER AND FOOD PROCESSOR

1. When might you choose to use a food processor instead of a knife? _____



2. What blades come with a food processor? What kind of cuts can these blades make? _____

3. What is the difference between a blender and a food processor? _____



ANSWER KEY

Review:

After watching a segment of *Knife Skills*, answer the following questions.

SAFETY KNIFE SKILLS

1. How can you keep your cutting board from slipping on the countertop? _____

Place a damp piece of paper towel or cloth underneath the cutting board to help anchor it to the countertop.

2. What is the proper way to hold a cook's knife? _____

Your hand should be "choked" up on the handle and blade rather than just grasping the handle.

3. What is the difference between a sharpening steel and a honing steel? _____

A sharpening steel sharpens a knife and a honing steel helps keep a sharp knife sharp.

EQUIPMENT KNIFE TYPES

1. What are the three types of knives that are most important to have in your kitchen? _____

Cook's knife (also called a chef's knife or French knife)

Serrated knife

Utility knife (also called a paring knife)

2. What foods are serrated knives used to cut? _____

Foods that is firm on the outside and soft on the inside such as tomatoes and bread.

3. If you only have one knife in your kitchen, which knife does Chef Marshall recommend? _____

The cook's knife (chef's knife or French knife)

CUTTING METHODS FOR FRUITS & VEGETABLES

1. Define the following terms:

Slice: ***to cut into thin pieces or sections***

Dice: ***to cut into cubes***

Chop: ***to cut into irregular pieces***

2. How is a "slice" different from a "draw"? _____

A slice is when the knife is making a rocking motion with a chef's knife where you push the knife away from you. The guiding hand pushes the food toward the knife. A draw is when you have the knife out away from you and you pull the knife towards you to cut.

3. What should your non-knife hand look like? _____

Your fingers on your non-knife hand should be tucked in to prevent cuts. Your hand should hold the food to help stabilize it when cutting.

4. How can you quickly remove the peel from a kiwifruit? _____

Cut the ends off the kiwi. Place kiwi on it's side on the cutting board and run the knife parallel to the cutting board while rolling the fruit.

CUTTING METHODS FOR MEAT

1. How do you skin a whole fish filet? ***Use a flexible filet knife, slip blade between skin and meat to cut*** _____

slightly into the filet. Take a paper towel and grab the end of the filet. Pull the filet while guiding the knife parallel to the cutting board, down the length of the fish. Discard the skin and cut the filet into portions about the width of your hand.

2. Why might you cut your roast into steaks or cut a whole chicken into pieces? _____

Cutting your own steaks or breaking down a whole chicken into pieces can save a few dollars. When steaks and chicken pieces are purchased individually at the butcher counter or prepackaged, you're paying for convenience.

USING THE BLENDER AND FOOD PROCESSOR

1. When might you choose to use a food processor instead of a knife? _____

Answers may vary, but could include the following points:

- Quick way to cut up fruits and vegetables***
- More consistency in slices or shreds***
- May be safer than a knife since the cutting happens in a closed container***

2. What blades come with a food processor? What kind of cuts can these blades make? _____

Slicing blade can slice or shred

Chopping blade (or "s" blade) can chop or mince

3. What is the difference between a blender and a food processor? _____

A blender is used to blend or mix soft foods or liquids. A food processor chops, shreds, grates, slices, or mixes hard or soft foods.



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