

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### Review:

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

#### SAFETY KNIFE SKILLS

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

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

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

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#### EQUIPMENT KNIFE TYPES

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

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2. What foods are serrated knives used to cut? \_\_\_\_\_

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

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## HOW TO PREPARE PINEAPPLE AND MELONS

1. How do you prepare a pineapple for cutting? \_\_\_\_\_

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2 . What are the steps for preparing melons like cantaloupe or honeydew? \_\_\_\_\_

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# CUTTING METHODS FOR FRUITS & VEGETABLES

1. Define the following terms:

Slice: \_\_\_\_\_

Dice: \_\_\_\_\_

Chop: \_\_\_\_\_

2. How is a "slice" different from a "draw"? \_\_\_\_\_

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

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

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# USING AN INDUSTRIAL FOOD PROCESSOR

1. Why might you use an industrial food processor instead of cutting produce by hand with a knife? \_\_\_\_\_

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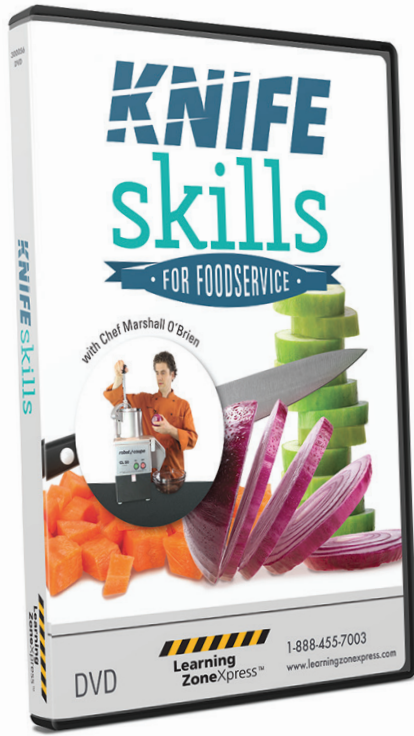
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2. What types of cuts can an industrial food processor do?

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# ANSWER KEY

## Review:

After watching a segment of *Knife Skills for Foodservice*, 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 are 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)***

## HOW TO PREPARE PINEAPPLE AND MELONS

1. How do you prepare a pineapple for cutting? \_\_\_\_\_

***Cut off the top and the bottom to create a flat, stable surface. Cut down the pineapple twice to create four quarters. Take a quarter and cut out the core. Place the quarter skin side down on your cutting board. Make one cut parallel to the skin about half way through the quarter, turn, and make the same cut on the other side. The flesh of the pineapple should release from the skin.***

2 . What are the steps for preparing melons like cantaloupe or honeydew? \_\_\_\_\_

***Cut off the ends of the melons to create a flat, stable surface. Place the melon on one of the cut ends and trim the skin off with a chef's knife by running it along the outside of the melon. Clean off any green spots or areas you missed any skin. Cut the melon in half and scoop out the seeds.***

## CUTTING METHODS FOR FRUITS & VEGETABLES

1. Define the following terms:

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

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

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

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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.***

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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.***

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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.***

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## USING AN INDUSTRIAL FOOD PROCESSOR

1. Why might you use an industrial food processor instead of cutting produce by hand with a knife?

***Answers may vary, but could include the following points:***

- Using an industrial food processor is a quicker way to cut up fresh fruits and vegetables.***
  - The cuts are consistent and less time and energy is spent in the preparation.***
  - Foodservice operations can save money by reducing labor costs and speeding up production with the industrial food processor.***
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2. What types of cuts can an industrial food processor do?

***Slice, dice, julienne, shred***

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