

Developed with Susie Olson M.Ed.

Culinary knife cuts practice

Volume 42 | Gr. 7-12

Time: 15-minute warm up or transition, 50-minute class period, or a combination



NASAFACS 8

8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.

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Materials list

- · Culinary Knife Cuts Practice Kit (WA35373)
- · Carrots, potatoes, or some other vegetable (if you wish to have students practice cutting on real vegetables instead of dough)
- · Sanitation Bucket
- Knife Skills Rubric (included)

Objective

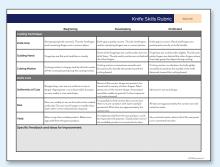
Students will demonstrate their ability to execute appropriate cutting and safety techniques while using appropriate cutlery.

Purpose

The purpose of this assessment is to provide evidence of student learning that will inform teaching practices and provide meaningful feedback to students.

Data Use

This assessment may be used to evaluate students' ability to execute appropriate cutting and safety techniques over time.



Knife Skills Rubric



Knife Skills Performance Competency Review

Directions

Please note that this assessment may take place over multiple lessons and/or may be divided into multiple assessments.

- 1. Have students clean and sanitize their workstations before beginning and set up their workstation as instructed.
- 2. Review the appropriate cuts (e.g. bâtonnet; brunoise; julienne; large, medium, and small dice; and rondelle).
- 3. Let students appropriately prepare their vegetables and prepare the appropriate cuts.
- 4. Have students present their cuts. Evaluate each student's performance using the Knife Skills Rubric. Students may also use the rubric to engage in self-evaluation or peer evaluation.

NOTE: Additional criteria may be added on to the rubric for sanitation and mis en place.

Variations

The teacher may provide appropriate support to students during the assessment process, including additional time, setting, and linguistic accommodations.







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Knife Skills Performance Competency Review

Name:	Session:	1	2	3

Criteria	Expectations	Date	Beginning	Developing	Accomplished
	Knife Grip: Grasp the portion of the knife blade just next to the end of the handle with the thumb and forefinger. Wrap remaining fingers comfortable around the handle.				
Cutting Technique	Guiding Hand: Fingertips should be curled under slightly. Thumb and pinkie finger are behind the other fingers where they help grasp the object during cutting.				
	Cutting Motion: In one unbroken motion, the knife glides smoothly forward as the handle of the knife descends toward the cutting board.				
	Bâtonnet				
	(2" x ¼" x ¼") Uniformity Size Yield				
Stick Cuts	Julienne (2" x 1/8" x 1/8")				
	Uniformity Size Yield				

Criteria	Expectations	Date	Beginning	Developing	Accomplished
	Large (¾" x ¾" x ¾") Uniformity Size Yield				
	Medium (½" x ½" x ½") Uniformity Size Yield				
Dice Cuts	Small (¼" x ¼" x ¼") Uniformity Size Yield				
	Brunoise (1/8" x 1/8" x 1/8") Uniformity Size Yield				
Rondelle	Rondelle Uniformity Size Yield				

Knife Skills Rubric

	Beginning	Developing	Proficient
Cutting Technique			
Knife Grip	Not grasping knife correctly. Thumb, forefinger, and remaining fingers not in correct place.	Knife grip is partly correct. Thumb, forefingers, and/or remaining fingers are in correct places.	Knife grip is correct. Hand and fingers are positioned correctly on knife handle.
Guiding Hand	Fingertips are flat and could be cut easily.	Some of the fingertips are curled under, but not all of them. Thumb and/or pinkie are not behind the other fingers.	Fingertips are curled under slightly. Thumb and pinkie fingers are behind the other fingers where they help grasp the object during cutting.
Cutting Motion	Cutting motion is choppy and tip of knife comes off the cutting board during the cutting motion.	Cutting motion is sometimes smooth and forward as the handle descends toward the cutting board.	Cutting motion is unbroken; the knife glides smoothly forward as the handle of the knife descends toward the cutting board.
Knife Cuts			
Uniformity of Cuts	Rough chop; cuts are not uniform in size or shape. Appropriate cut is discernible, but pieces vary widely in size and shape.	Pieces of the correct shape are present, but mixed with a variety of other shapes. Most pieces are of the correct shape; the product would be usable as garnish if a few imprecise cuts were removed.	Identical in size and shape.
Size	Dice very widely in size and could not be cooked uniformly. Dice are much larger or smaller than each other or the indicated size required.	It is possible to find correct dice cut size, but there is much variation with each example presented. Most dice are approximately the correct size.	All dice are approximately the correct size indicated on rubric.
Yield	More scrap than usable product. Below average yield from the given product.	A moderate yield from the raw product; could be improved with practice. Good yield; most of the available product is converted into dice.	Very minimal waste; almost all of the raw product is converted into dice.
Specific Feedback	Specific Feedback and Ideas for Improvement:		