

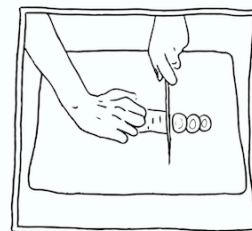
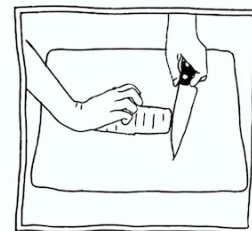
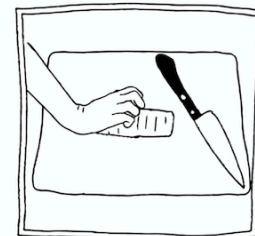
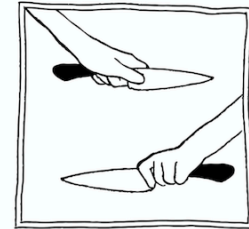
Flex Your Chef Skills + Recipe for Fruit Salad**What's this lesson all about?**

Learning how to use a knife safely in the kitchen will give you loads of confidence to make your own tasty meals or snacks at home. It's also a great way to spend time with the grown-ups in your house. In this lesson you'll learn how to safely and properly use a knife and cutting board to make a yummy fruit salad.

LEARN ABOUT IT

How to use a knife

- Make sure you have a grown-up to help you.
- When preparing to cut with a knife, make sure you have secured a cutting board on your cutting surface with rubber grips or a wet cloth/towel.
- Whenever a knife is laying on a table or cutting board, make sure the blade is facing away from you.
- Always stand when cutting or chopping with a knife.
- The hand holding the knife should be held using this grip (see image to the right)
- The hand holding the food should be held using a "claw" grip (see image to the right)
- To cut, start with the tip of the knife pointing into the board and bring the bottom of the blade down to chop in a see-saw motion.
- Have fun chopping!



FOOD FOUNDATION STANDARDS: Food is fun, Food is from the Earth

This lesson meets the following Indiana State Academic Standards: 4.RV.1, 5.RV.1, 6.RV.1, 4.SL.1, 5.SL.1, 6.SL.1, 4.SL.2.1, 5.SL.2.1, 6.SL.2.1, 4.SL.2.3, 5.SL.2.3, 6.SL.2.3, 4.SL.2.4, 5.SL.2.4, 6.SL.2.4, 4.SL.2.5, 5.SL.2.5, 6.SL.2.1, SEPS.1, SEPS.2, SEPS. 8, 4.PS.3, 5.PS.1, 5.4.2, 5.4.3, 5.4.6, 5.7.1, 5.7.2, 8.4.1, 8.4.2, 8.4.3, 8.4.4

FOOD IS FUN! FOOD IS FUEL. FOOD IS FROM THE EARTH. FOOD IS FOR SHARING!

Flex Your Chef Skills + Recipe for Fruit Salad

BE A FOOD EXPLORER

WATCH: Need a visual? Here's a great tutorial on how to use a knife safely in the kitchen, and when to let a grown-up help you.

Click this link: <https://www.youtube.com/watch?v=8RrufR-zLag>

TASTE: Before you make the fruit salad recipe, try each ingredient on its own. How do the fruits taste individually? After you make the recipe, how does it taste when they are combined?

LEARN: Did you know different knives have different jobs? Don't worry, you don't need them all to make a tasty meal at home. Find out what each type of knife is used for with this handy illustrated guide.

Click this link: <https://www.mybluprint.com/article/know-your-knives-this-guides-a-cut-above>

MAKE:**Fruit Salad**

This recipe makes 5-6 servings. You may cut the recipe to reduce number of servings. (For example, to cut the recipe in half, divide the quantity for each ingredient by 2). Store extra fruit salad in the fridge for later. Feel free to make substitutions as needed. Use what you have on hand! Make sure you have a grown-up to help you while cutting.

Ingredients

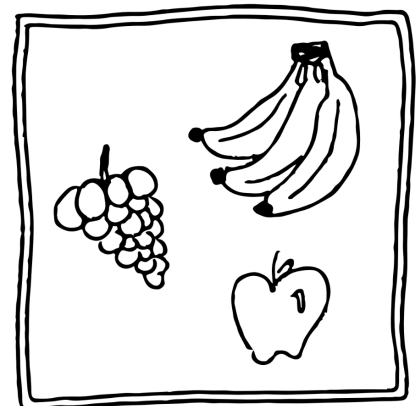
- 1-1.5 cup chopped apples
- 1-1.5 cup chopped pears
- 1 cup raspberries
- 1 cup chopped bananas
- 1 cup blackberries
- 2 Tablespoons finely chopped fresh mint leaves - 1-2 sprigs
- 2 Tablespoons lime juice

Materials

- Cutting board
- Knife
- Dish towels/wash cloths
- Mixing bowls
- Spoons for stirring
- Bowls for serving
- Forks

Directions

1. Peel the bananas and cut into small pieces.
2. Chop pears and apple into small pieces.
3. Strip the mint leaves from the stem and finely chop them.
4. Mix the ingredients together, including berries, in a serving bowl.
5. Add the lime juice and stir gently.
6. Enjoy!



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