

Knife Skills

Across

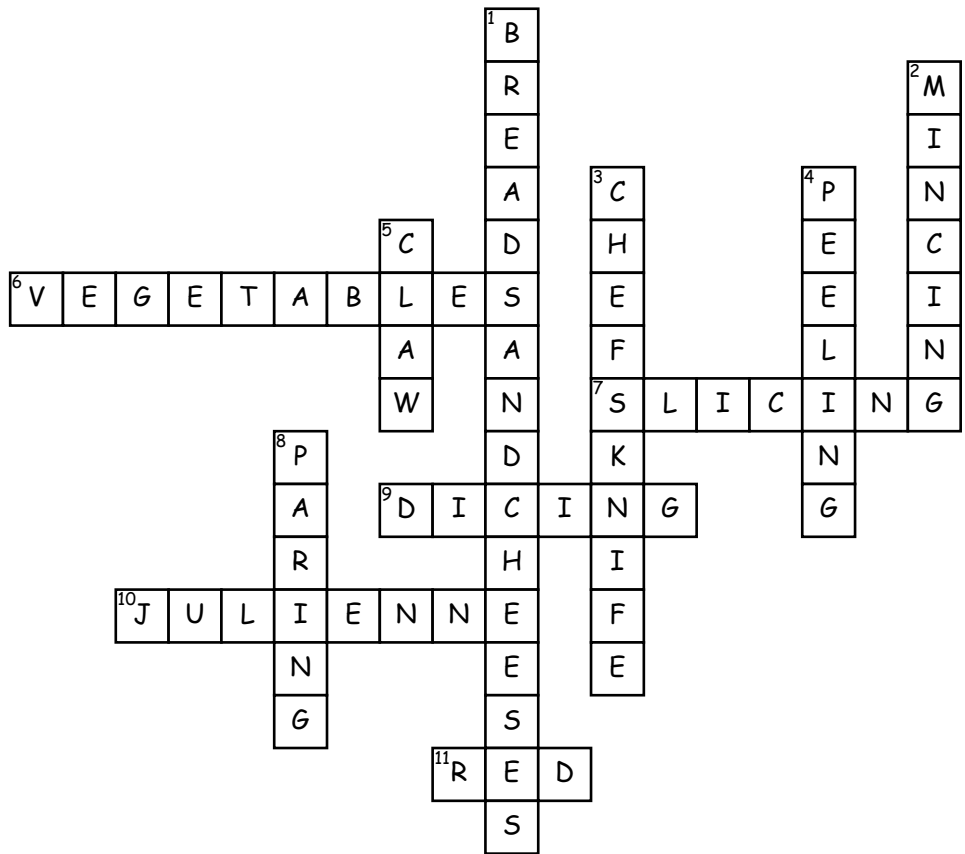
6. The green cutting board in Labs are used for cutting fruit and _____.

7. To move the food under the blade while keeping the point of the blade firmly on the cutting board.

9. To cut food into even-size cubes

10. Sliced food cut into delicate sticks that are usually 1 inch to 3 inches long

11. The color cutting board used in the labs for raw meat, poultry, and sea food



Down

1. The white cutting board in labs should be used for cutting _____

2. To chop food into very fine pieces

3. A _____ should be firmly held with the base of the blade between the thumb and forefinger and the other fingers wrapped around the handle

4. To remove the skin

5. The _____ method is curling your fingers in order to avoid cutting finger tips while using a knife.

8. Foods can also be peeled directly with a _____ knife.

