



Cook with Kids!

Claw-and-Saw Knife Technique

The Claw and Saw safe knife technique is easy to teach and will protect your students' fingers from unnecessary cuts. Children tend to use their palm on top of the blade and to try to push straight down with the knife. Correct this tendency to the safer claw-and-saw technique.



“Give Me Five”

Have your students hold up their less-dominant hand, palm forward.



“Pull Them Together”

Next, have them pull their fingers together.



“Make the Claw”

Then have them curl their fingers into a C-shaped claw. Tell them this is the shape they will keep their hand in whenever they are cutting.



“Your knuckles guide your saw”

Finally, have them place their C-shaped hand on the food so that their finger tips curl out of the way. Have them hold the knife with their dominant hand and guide it in a sawing motion using the flats of their knuckles to guide the knife.

TIPS

- Introduce proper knife safety and use by starting with a soft, easy-to-cut food like bananas, and then progress to a harder food item, like carrots.
- Precut round foods so they have a flat surface to prevent them from rolling out from under the knife.
- It is a good idea to have a first aid kit on hand, just in case.