



Knife Rules

1. Only use a knife if you have been asked to or if you have asked permission.
2. Always hold a knife by the handle, NEVER the blade.
3. Never point a knife towards a person, including you.
4. Always use a cutting board.
5. Make sure you firmly hold the thing you are cutting with your other hand.
6. Form your left hand into a bear's paw. Keep your fingernails out of view; don't forget your thumb!
7. Use your knuckles as a guide.
8. Always cut away from yourself.
9. NEVER put a knife into a sink of water.
10. Always carry a knife with your arm by your side and the blade pointing towards the floor.

The better you are at handling knives the better you will be at preparing the food and it will be lots more FUN!

APS Cooking Club

