



Teaching Your Kids Knife Skills:

Knowing How to Troubleshoot

You're almost ready to give your kids sharp knives! Let's keep them safe and set them up for success:

BASIC KNIFE SKILLS

- 3 Safe Ways to Hold Food
 - 1.
 - 2.
 - 3.
- 4 Ways to Cut
 - 1.
 - 2.
 - 3.
 - 4.

CHALLENGES YOU MIGHT ENCOUNTER

1. Kids might put their _____ down the knife.
2. SOLUTION: _____ on the knife for more control and pressure.
3. Kids might use the _____ of the knife, especially with little knives.
4. SOLUTION: _____ on top reminder.
5. The knife might get too close to the kids' _____.
6. SOLUTION: Remind them to pull fingers out of the way by saying, " _____! _____!"

7. With little children, remind them to get _____ to see what they're doing and _____ over their _____.
8. Big knife or little knife? Decide based on child's _____ and what you're cutting.

DEVELOPMENTAL READINESS

1. Beginner: The S_____ M_____ C_____ practice will help the little ones hold a pencil better and ultimately contribute to S_____ S_____.
2. Intermediate: They get G_____ -U_____ T_____ and love the feeling!
3. Advanced: Older children can really help in the kitchen, developing F_____ R_____.



GOAL SETTING

We all have plenty of goals for our kids, whether we write them down or not. We want them to be responsible, successful, kind, happy...teaching kitchen skills can also foster a lot of life skill goals, and writing them down will help you keep focused on making it happen!

For each of your children, take a moment to think about a kitchen goal you think they can accomplish in the next month – maybe it's using a sharp knife, maybe it's getting a snack independently, or just carrying plates to the dishwasher. Write it down in the grid below, and then consider how that skill will ultimately help them reach a life skill goal as well.

Here are some examples:

- Putting away dishes from the dishwasher —————▶ sorting and organizing (littler kids), family responsibility, hard work ethic
- Pouring own milk —————▶ confidence, carefulness
- Making breakfast for the family —————▶ serving others, perseverance
- Cutting something age-appropriate with a knife —————▶ small motor control and school success (for littler kids), pride in work, careful movements, responsibility and self-control

GOALS FOR MY KIDS

Child's Name and Current Age	Kitchen Skill Goal	Related Life Skill Goal

Let's Do This! Make it Happen!

My goal for YOU is to make a date in your calendar to teach your kids knife skills using the video I shared with you recently. One of the biggest hurdles to teaching our kids to cook is doing it in the first place, so schedule it in!

Here are some ideas of what to cut at various ages:

Beginner, ages 2-5:

- Dull butter knives or cheese knives on:
 - Bananas
 - Melon half-moons with the rind removed
 - Cooked vegetables

Intermediate, ages 6 and up who can use a dull knife independently and correctly:

- Sharp knives on soft foods, like:
 - Pineapple
 - Strawberries
 - Mushrooms

Advanced, ages 8 and up with some practice at the Intermediate level:

- Bigger sharp knives on:
 - Carrots
 - Celery
 - Cucumbers (*start with straight veggies that won't roll away or fall apart like an onion*)

The videos in the Kids Cook Real Food eCourse will show your children exactly how to manage knives at each of these age levels. There are 8 videos on knife skills alone plus over 30 more! Become a member and help your kids join the real food revolution: www.KidsCookRealFood.com