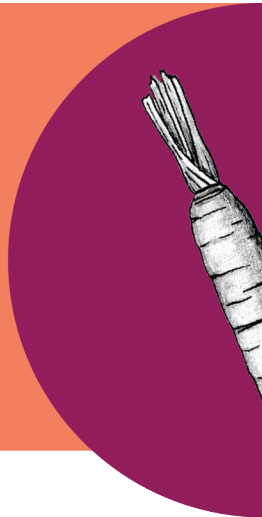


THE **EDIBLE**  
**SCHOOLYARD**  
PROJECT



## HOW TO: CUT VEGETABLES

**Student Name:**

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**Summary:** Do you want to cut vegetables and fruits like the professional chefs on TV? You can after a little study and a lot of practice. This lesson will introduce you to the basic cuts that are used on most vegetables. After you learn some vocabulary and observe a demonstration you'll be able to practice your skills. Remember to practice your kitchen habits of mind as you learn!

**Time:** 30 minutes

### Before you get started:

- Collect all the following materials
- Check-in with an adult at home before using a knife (if that isn't something you do normally without supervision).

### Materials:

- Chef knife
- Cutting board
- Carrots
- Potato
- Leafy Greens
- Carrots
- Cucumber
- Garlic
- Onion



## HOW TO: CUT VEGETABLES

**REVIEW:** If it's been a while since you completed it, refresh your memory on the [Knife Safety](#) lesson before getting started here.

**WATCH:** Go to the [How To: Cut Vegetables video](#) to watch Nick from The Edible Schoolyard demonstrating the different basic cuts. Next, watch the short video [Onion Slicing Demonstration](#). Pay attention to the way the onion is cut in the demonstration and try to copy it as closely as you can.

**DO:** Get your workstation set up with a cutting board, knife, and vegetables. Try out the different cutting techniques. Remember to take it slow and practice [Knife Safety](#) as you work. This visual on [Knife Basics](#) will help you remember the shapes of the various cuts.

**COOK:** If you are completing this lesson with a class, your teacher may assign a recipe to go with this lesson. If you are doing this lesson with your family or on your own, see the student notes for what recipes and lessons come next!

**CLEAN:** Clean your knife, dry it, and put it away securely before getting started on the rest of your kitchen clean up using your [Cleaning Checklist](#). Knives can be damaged in the dishwasher or cut someone if they are left out or in a pile of dirty dishes.

**REFLECT:** How did it go? Find a family member and demonstrate what you learned. [Spin Your Reflection Wheel](#) to reflect. How long do you think you will have to practice to master the different types of cuts?

**Student Notes:** Try out these recipes that utilize different basic cuts.

- The [Create Your Own: Quick Organic Pickles](#) lesson is a great way to practice basic cuts. Try seeing how precise you can cut your vegetables.
- Spring Rolls are a great recipe that utilizes lots of julienned vegetables.

### Teacher and Family Notes:

- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 2.1: The first lesson of Unit 2