

COOKING WITH KIDS



Knife Skills for Young Chefs

Learn • Practice • Build Confidence



Made for Me® Chef Knives

Beginner-friendly knife skills using real cooking tools designed for growing chefs.

Rounded tips • Rounded heels • Easy-grip designs

Adult supervision required



1

Safety Comes First

Set up the workspace before the first cut.

1 STABLE BOARD

Place a damp towel or nonslip mat under the cutting board.

2 FOCUS

Keep eyes on the food, hands, and cutting task.

3 CLAW HAND

Curl fingertips inward on the hand holding the food.

4 SLOW + CONTROLLED

Practice control and accuracy before speed.



START WITH EASY-TO-HOLD FOODS

Strawberries • cucumber • zucchini • banana • avocado • cooked potato

Two Hands, Two Jobs

A secure knife hand + a protected food hand.



KNIFE HAND

Wrap ALL fingers naturally around the handle. Keep the index finger off the blade.

FOOD HAND

Make a CLAW. Curl fingertips inward and keep them behind the knuckles.



FULL HANDLE GRIP + CLAW HAND

For round foods, an adult can create a flat side first so the food does not roll.

Watch the Cutting Zone

The hands, knife, food, and cutting board should all be easy to see.



WHAT GOOD PRACTICE LOOKS LIKE

- ✓ Knife hand stays completely on the handle.
- ✓ Food hand holds the produce with fingertips curled back.
- ✓ Knife moves down toward the cutting board.
- ✓ The young chef works slowly and watches the cutting area.

Basic Knife Cuts

Aim for pieces that are similar in size.



LARGE DICE

About 3/4-inch cubes

Potato • melon • squash

MEDIUM DICE

About 1/2-inch cubes

Cucumber • tomato • pepper

SMALL DICE

About 1/4-inch cubes

Celery • carrot • pepper

JULIENNE

Thin matchsticks

Carrot • zucchini • pepper

CHIFFONADE

Thin ribbons

Basil • leafy greens

MINCE

Very small pieces

Herbs • garlic*

*An adult should decide when the young chef is ready for smaller or more advanced cuts.





Practice Step by Step

Repeat the same safe sequence each time.

1

SET

Secure the board and place the food flat.

2

GRIP

All fingers around the handle. Other hand in a claw.

3

CUT

Make one slow, controlled cut toward the board.

4

CHECK

Compare the pieces. Aim for similar sizes.

5

RESET

Move the claw hand back and reposition the food.

YOUNG CHEF CHALLENGE

Choose one fruit or vegetable. Make 6–8 pieces that are as close to the same size as possible.

CONTROL FIRST. SPEED COMES LATER.