



### Counter Height

It's important to be at the correct height in relation to the counter when chopping. Stand on a sturdy stool if you need a boost up.



### Cutting Board

If your cutting board doesn't stay in place, put a damp kitchen towel underneath.

### Grip

Grip the handle of the knife with your writing hand. Hold the knife with a bicycle grip (how your hand looks if holding handlebars). Your knuckles should face up. Place your thumb and pointer finger where the blade of the knife and the handle meet, then wrap your fingers around the handle. Do not place your pointer finger on top of the blade.



### Claw

To hold food in place, curl your fingers under like a claw, making sure to tuck your thumb in. By curling your fingers under, you protect them in case the knife slips.

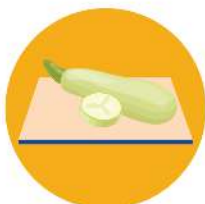


### Eyes on knife

Make sure your eyes are always watching the knife as it cuts through food. If your eyes wander, stop cutting.

### Cutting

When cutting, pretend the tip of the knife is stuck to the cutting board. Move the blade in a rocking motion instead of picking the blade up off the board every time you make a cut. Use your knife to cut, not saw, through the food.



### Lay food flat

When cutting round items, it's safer to cut in half lengthwise, lay them flat-side down, then work with only a half at a time.



### Coarsely Chop

To coarsely chop or cut into small pieces, place your hand flat on top of the knife, pushing down, as you rock the knife across the food.