

# Knife Skills

## Across

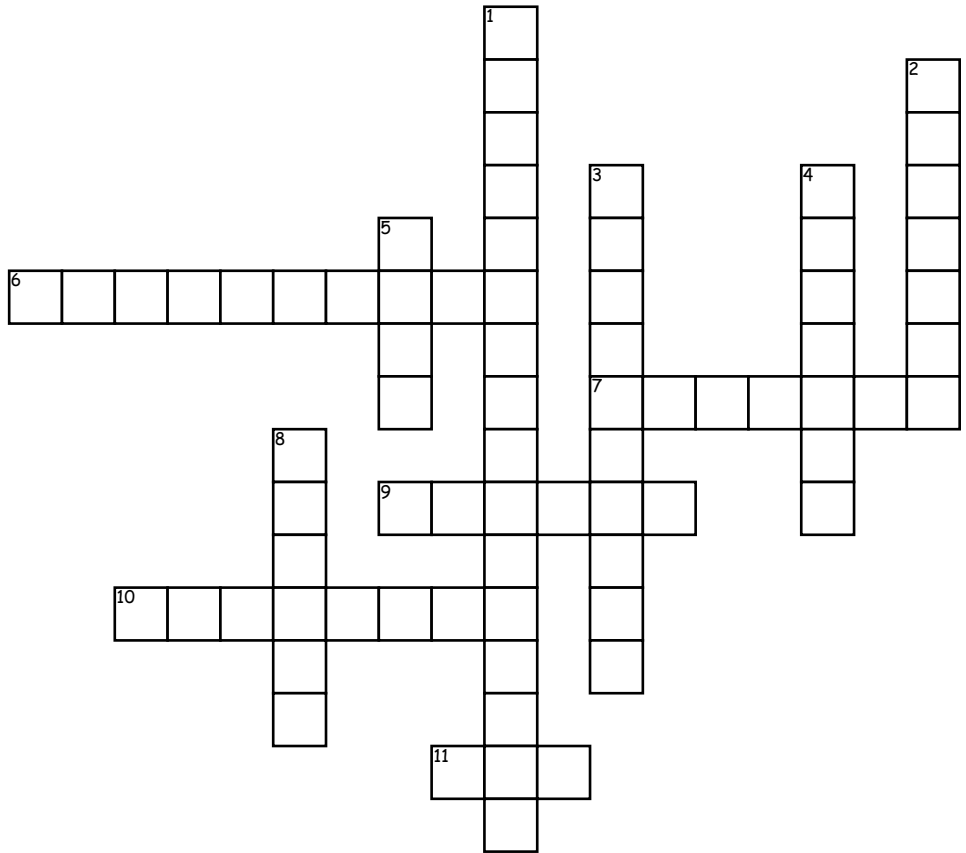
6. The green cutting board in Labs are used for cutting fruit and \_\_\_\_\_.

7. To move the food under the blade while keeping the point of the blade firmly on the cutting board.

9. To cut food into even-size cubes

10. Sliced food cut into delicate sticks that are usually 1 inch to 3 inches long

11. The color cutting board used in the labs for raw meat, poultry, and sea food



## Down

1. The white cutting board in labs should be used for cutting \_\_\_\_\_

2. To chop food into very fine pieces

3. A \_\_\_\_\_ should be firmly held with the base of the blade between the thumb and forefinger and the other fingers wrapped around the handle

4. To remove the skin

5. The \_\_\_\_\_ method is curling your fingers in order to avoid cutting finger tips while using a knife.

8. Foods can also be peeled directly with a \_\_\_\_\_ knife.

