

## Hints and tips on food preparation and sharp utensils

### Cutting equipment

- > Having a sharp knife is actually better because it will make it easier for you to cut through the food and will require less effort. You are therefore less likely to slip and injure yourself.
- > Having a range of sharp knives for different tasks can be helpful, for instance serrations are better for cutting some fruit.
- > It is easier to have a slightly larger handle because you will not have to grip so tightly to hold the knife.
- > Some knives come with non-slip grips and these also mean that you need less effort to hold them
- > Try using an electric knife if you do not have the power to cut through food by yourself.
- > Food Choppers can be useful for veg such as onions. They have very sharp blades but they are within a casing and you simply push down on the top to chop the item.
- > Some people use Food Processors for chopping items.

## Techniques

- > Placing your index finger on top of your knife when cutting will give you more power and stop the knife rotating from side to side.
- > It is easier to cut some meat, and pizza with a pair of scissors than a knife.
- > Take care when cutting small rolls or the end of a loaf – keep your fingers well out of the way – we speak from experience!
- > You could buy sliced bread instead of trying to cut your own and in fact most bakers will slice bread loaves for you.
- > Hold the bread or vegetables firmly before you start cutting to ensure that they do not move.

## Safety

- > Mandolins (with a guard) could be used as an alternative to cutting vegetables/fruit, however extreme care should be taken.