



# Knife Rules

1. Only use a knife if you have been asked to or if you have asked permission.
2. Always hold a knife by the handle, NEVER the blade.
3. Never point a knife towards a person, including you.
4. Always use a cutting board.
5. Grip the knife handle firmly with your hand.
6. Form your other hand into a bear's claw. Keep your fingernails out of view; don't forget to tuck your thumb!
7. Use your knuckles as a guide.
8. NEVER put a knife into a sink of water.
9. Always carry a knife with your arm by your side and the blade pointing towards the floor.

**The better you are at handling knives  
the better you will be at preparing  
the food and it will be lots more FUN!**

