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Knife Skills

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| **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. |