Sometimes eating vegetables can be intimidating if you aren’t confident in using a knife! Here are some tips to get you started. Copy and paste this link into your web browser for more information and videos.

https://cooking.nytimes.com/guides/23-basic-knife-skills

- Make sure you use a sharp knife. A dull knife can be more dangerous because there is a greater chance of it slipping on the vegetable and cutting you.
- To hold a knife safely, use your thumb and index finger to grip the top of the blade just above the handle.
- Curl the fingertips of your other hand to keep them out of harm’s way.
- Hone your blade often to keep it sharp. See website for more details on how to hone and sharpen your knife.