



ADVENTURE WORKSHEET

Chef's Knife

Cub Scouts · Elective · Webelos rank

Name

Started

Completed

Chef's Knife teaches you how to use a kitchen knife safely, just like a real cook. You'll learn safety rules, care for your knife, and practice cutting food. It's a useful skill for helping in the kitchen.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/chefs-knife/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Read and understand the Cub Scout Knife Safety Rules, and promise to follow them

Tip: Read the safety rules with an adult and talk about why each one matters.

- ☐ **2** Demonstrate the knife safety circle

Tip: Stretch your arm out and turn in a circle. If you can't touch anyone, it's safe to use the knife.

Example: Hold the closed knife in your hand, stretch your arm out, and turn slowly in a circle. If you can't touch anyone, you have your safety circle. If someone walks up while you're cutting, stop and set the knife down.

- ☐ **3** Show that you know how to take care of a kitchen knife and use it safely

Tip: Learn to wash, dry, and store the knife safely. Always cut away from your fingers on a cutting board.

Example: Caring for a knife: wash it by hand, wipe away from the edge, dry it right away, and store it in a block or sheath, never loose in a drawer. Pass it handle first, and never try to catch a falling knife.

- ☐ **4** Pick the right cooking knife and demonstrate how to slice, dice, and mince properly

Tip: Practice slicing a cucumber, dicing a potato, and mincing herbs with an adult watching closely.

Example: Use a chef's knife on a cutting board that doesn't slide. Slice a cucumber into rounds, dice a potato into small cubes, and mince parsley into tiny bits. Curl the fingers of your other hand into a claw to keep them safe.

