

Cub Scout Knife Safety Rules

Stop - make sure no one else is within arm's reach

Away - always cut away from your finger or other body parts

Sharp - a sharp, clean knife is a safe knife

Store - knives closed, in a sheath or knife block

Passing a pocket knife

Close the knife,

Hold it out,

Second person takes it and says "thank you" to communicate that they have a hold of the knife,

Let go

Passing a kitchen knife

First person puts it down on the cutting board calmly,

Second person picks it up calmly

Cub Scout Knife Skills

Pocket Knife Techniques

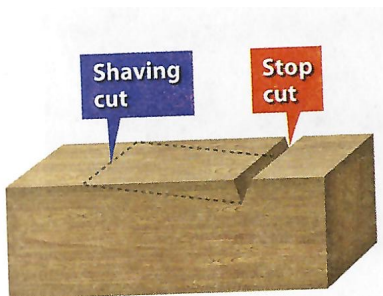
Rough cut



Push cut



Stop cut



Kitchen Knife Techniques



SLICE

Move the knife in a rocking, tip-to-heel motion to cleanly slice a food all the way through. Slide the fingers



of your claw hand back and move the knife (not the food) after each cut. Experienced chefs use the knuckle of their middle finger as a width guide for slices.

DICE

Cutting food into uniform cubes is a three-step process. First cut food into even slices. Stack

two or three slices on the cutting board, then cut them lengthwise into thick sticks. Holding the sticks together with your claw hand, cut the sticks

crosswise into dice. When working with large quantities of food, make room on the cutting board by transferring the dice to a bowl.



MINCE

Aromatic herbs, ginger, and garlic need to be minced into fine bits that will permeate a finished dish. Place the knife next to the



item to be chopped and set your free hand flat on the tip of the knife. Hold the tip down as you move the knife heel up and down in a chopping motion, rocking back and forth over the food until it is finely minced.

Sharpening a knife



Whittling/Chef's Knife/Knife Safety Requirement 3

Demonstrate that you know how to care for and use your pocketknife/a kitchen knife/a knife safely.



Preparation

Set up a table with nothing but a whetstone soaking in water, a black marker, the pack chef's knives, the honing rod, and a soft cloth. The whetstone needs 30 minutes in the water before you start. Ask Bears to bring their pocket knives and give AOLs the choice of kitchen knife or their pocket knife when you call them over.



Points to cover

1. Remind Cub Scouts of the knife safety rules and how to pass kitchen knives using the laminated sheet
2. Demonstrate how to sharpen a knife:
 - Spray the whetstone with water.
 - Using the black marker, mark the bevel of pocket knife blades on both sides.
 - Lay the blade on the stone at a 35-degree angle. Push the blade forward as if you were going to shave a thin sliver from the stone. Do not push down hard.
 - Wipe the blade with a soft cloth before doing the next side. (As you are sharpening the blade small pieces of metal and parts of the whetstone are collecting on the blade, so you want to wipe the blade and the whetstone often.)
 - Next, turn the blade over and shave the stone toward you. *This is the only time you should move your knife toward yourself.* Keep your fingers below the surface of the stone to protect them.
 - Continue this back-and-forth action until the edge is sharp along its entire length. About 10 passes on each side of the blade should sharpen the knife.
 - Inform the Cub Scouts that after they sharpen a kitchen knife it needs to be washed before use.
3. Show the honing rod/steel and explain that the honing rod is not designed to sharpen a knife blade. A honing rod is designed to straighten a knife blade. The edge of the blade can become crooked and a couple of passes on a honing rod will get the blade straight. The important thing to know is that the honing rod doesn't sharpen a knife.
4. Allow Cub Scouts to take turns practicing sharpening their knife.



Kitchen Knife Techniques to Cover

Chef's Knife/Knife Safety Requirement 4/5



Choose the correct cooking knife and demonstrate how to properly slice, dice, and mince.

Preparation

Set up a chopping table with cutting boards, the knives, food to be cut, and bowls/containers for the chopped food.

Points to cover

1. Remind them of SASS, the safety circle, and that kitchen knives belong on the cutting hand side of their cutting board when not in use.
2. Demonstrate the two proper grips - **handshake grip** and **pinch grip**. You can grip the knife on the handle (called the handshake grip), or you can use the pinch grip. The pinch grip is where you pinch the blade of the knife just above the bolster with your thumb and forefinger, then wrap the other fingers around the handle.
3. Have each Cub Scout try both grips on their knife to see what grip they are the most comfortable with. Once they have decided have them place their knives back down.
4. Demonstrate the claw. When holding the object you are cutting, use the claw technique to keep the object stable and your fingers out of the way. To make a claw, shape your free hand into a claw by tucking four fingers behind your middle finger. Tightly grip the food with your claw hand, using all five fingers to hold it steady, with the thumb and pinky finger stabilizing the sides. Ideally, make sure the fingertips are always farther back from the knife edge than the knuckles. Little hands may struggle and may need to use nails to hold the food.
5. Have each Cub Scout demonstrate the claw grip by gripping what needs to be cut.
6. Demonstrate slicing using a claw grip. Point out tricks to keep round foods from rolling and slippery foods from slipping.
7. Demonstrate dicing using a claw grip. Remind them that bigger chunks are better than cut fingers.
8. Demonstrate mincing.
9. Discuss with the cubs which foods need to be cut how for the dish.
10. Have them cut the food.



Teaching Knife Safety Rules

Whittling/Chef's Knife/Knife Safety Requirement 1

Read, understand, and promise to abide by the "Cub Scout Knife Safety Rules."



Whittling/Chef's Knife/Knife Safety Requirement 2

Demonstrate the knife safety circle.



Option 1: Discussion (good for first-timers)

1. Ask Cub Scouts to turn to the Knife Safety Rules in their handbooks.
2. Have a Cub Scout read the first rule, *Stop - make sure no one else is within arm's reach*. Ask Cub Scouts to explain what the rule means and why it's important.
 - Ask them each to stand up and demonstrate together how far apart they should be when holding their knife.
 - As part of the demonstration, have Cub Scouts pretend they are using their knives. Walk toward them to see if they stop. If they don't, remind them that if someone gets too close to their knife safety circle, they should stop using their knife.
3. Have another Cub Scout read the next rule, *Away - always cut away from your finger or other body parts*. Have them discuss this rule and why it is important.
 - Discuss what to do if they do cut themselves.
4. Read and discuss the next rule, *Sharp - a sharp, clean knife is a safe knife*.
 - How do they determine if a knife is sharp or dull?
5. Read the final rule, *Store - knives closed, in a sheath or knife block*.
 - Where should they keep their knife when it is not being used?
6. Ask Bears to open their Bear handbook to the Whittling Adventure. Have them write down any additional rules you may have as a den, and they may have at home.

Option 2: Games and worksheets (good for review)

1. **Knife Safety Rules Charades (originally for Bears)**
Empty out the folded charade slips into a bowl, then have someone take a slip of paper and act out the rule on it without words, just actions. Have the others guess what rule they're acting out. Continue until everyone has had a chance to be the actor. Ask them to demonstrate the knife safety circle.
2. **Laminated knife safety crossword puzzled with dry erase markers (originally for Webelos)**. When done, ask them to demonstrate the knife safety circle.
3. **Knife Safety Word Search with dry erase markers (originally for AOLs)**. When done, ask them to demonstrate the knife safety circle.



Whittling Requirement 4 Carving Practice

Whittling Requirement 4

Make two carvings with a pocketknife.

Get out the supplies:

- Large bar of dry soap for each Bear
 - One or two orangewood sticks for each Bear
 - Piece of paper for each Bear
 - Pen or pencil for each Bear
1. Establish an area for Bears to safely do their soap carving. Remove all obstacles and allow for plenty of room for Bears to carve.
 4. Pass out supplies to Cub Scouts.
 5. Ask Cub Scouts to choose a simple design that does not have too many projections or fine details. Remind them to start simple. Have them draw their design on a piece of paper.
 - Bear
 - Heart
 - Whale
 - Rocketship
 - Strawberry
 3. Tell Cub Scouts to prepare the soap by cutting away the raised edges and scraping off the lettering.
 4. Have Cub Scouts sketch the outline of their design on the soap by drawing with an orangewood stick.
 5. Tell Cub Scouts to make their first rough cuts by cutting away small pieces and slices of the soap that are not part of their design. Remind them that they should not cut big pieces because the soap might break. Ask them to leave a margin of about one-quarter inch outside their outline.
 6. Have Cub Scouts shape the model. Tell them to continue carving so they can get closer and closer to their outline. Remind them to keep turning the soap to work on all parts of their design. They should not try to finish one part before another. Tell them to pay special attention to the high points and low points on the carving.
 7. After they are finished carving, ask Cub Scouts to share their project.



Knife Safety Requirement 4

Demonstrate the proper use of a pocketknife to make a useful object on a campout.

Suggestions:

- Use a pocketknife to sharpen a stick for marshmallow roasting
- Make a fuzz stick for a firestarter



- **Decorate a hiking stick**
 - Instruct Cub Scouts on proper size of sticks to choose for walking sticks, typically 6-12” shorter than the Cub Scout and 1” in diameter.
 - Explain to Cub Scouts that they will be decorating their walking sticks with their initials or names.
 - Demonstrate how to carve out sections of the stick to create the letters. The stop cut is the best cut for doing this.
 - Use pocketknife to etch desired letter into wood.
 - Once outline is etched, use pocketknife to carve out etched letters deeper and wider, trying to keep them uniform in depth and width.
 - Spread Cub Scouts out to a safe distance from each other, and assist them in repeating your steps, carving their initials or names into their sticks.