

Welcome to *Eating Smart • Being Active*



EATING SMART
BEING ACTIVE

- Welcome to *Eating Smart • Being Active*
- Get Moving!
- Plan, Shop, \$ave
- Fruits & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Go Lean with Protein
- Build Strong Bones
- Make a Change
- Celebrate! Eat Smart & Be Active



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EATING SMART
BEING ACTIVE



Two things I hope to learn from *Eating Smart • Being Active* are:

and: _____



Our **next lesson** will be on _____ (day) at _____ (time).

Remember to wear comfortable clothes and shoes and bring your folder to our next lesson.



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Knife safety skills



Hold knife properly



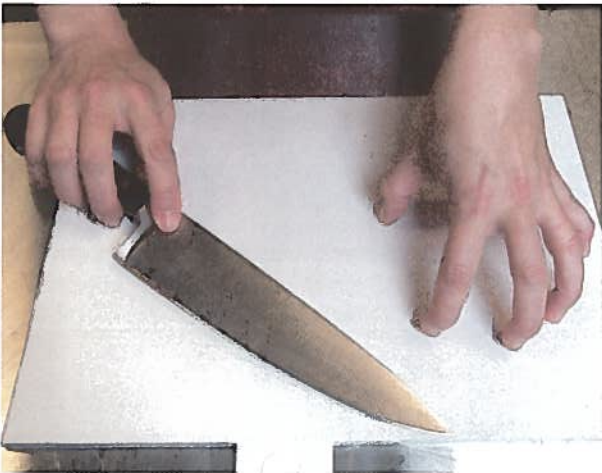
Don't hold food in hand to cut



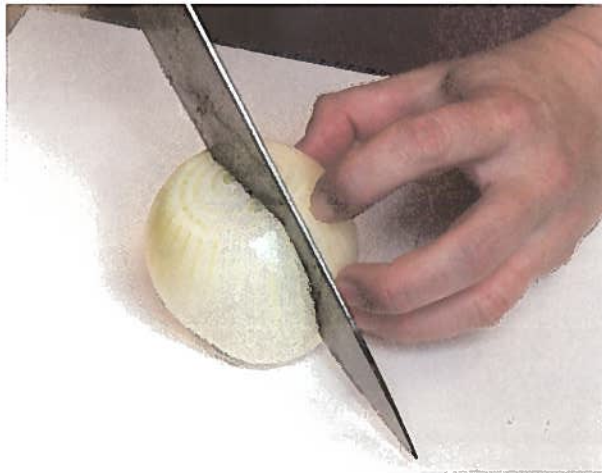
Cut away from your body using a see-saw motion without lifting the tip of the blade



Carry a knife with the blade pointed down



Make a bear claw or crab to protect fingers



Create a flat surface on round foods



Pass the knife by the handle



Transport knife in a knife shield or wrapped and taped in a thick kitchen towel

Other tips:

- Don't try to catch a falling knife
- Wash knives after every use
- Don't leave knives in a sink of soapy water
- Store knives safely in a drawer