

Attachment C

Knife Competency Assessment

Student Name:

Unit:

Cook's Knife Task peeling onions	
Assessment Includes: <ul style="list-style-type: none">• Stability of onion• Control of the knife• Removing peel safely	
This confirms that the candidate has demonstrated competence in the above tasks.	
Assessor Signature:	Date:

Student Name:

Unit:

Cook's Knife Task peeling onions on a board	
Assessment Includes: <ul style="list-style-type: none">• Place onion on board• Stabilize with fingers turned in and removed root end and top end with knife• Take onion up in hands and peel away skin with no knife, using fingers	
This confirms that the candidate has demonstrated competence in the above tasks.	
Assessor Signature:	Date:

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Student Name:

Unit:

Bread Knife Task Cutting Bread Rolls & Baguettes	
Assessment Includes: <ul style="list-style-type: none">• Place roll / baguette on board at right angles to the surface• Hold roll firmly in place with palm and fingers flat along the roll or baguette• Use a sawing motion parallel to the board - let blade do the work	
This confirms that the candidate has demonstrated competence in the above tasks.	
Assessor Signature:	Date:

Student Name:

Unit:

Small Serrated Knife or small vegetable prep knife	Tasks preparing fruit and vegetables
Assessment Includes: Cut shaped apple <ul style="list-style-type: none">• Stalk removed by hand and apple placed stalk end down on board to aid stability• Apple cut in half through core• Cut side down. Fingers turned out of the way• Firmly hold apple and cut slits in top, either side of this	
This confirms that the candidate has demonstrated competence in the above tasks.	
Assessor Signature:	Date:

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Student Name:

Unit:

Cook's Knife	Tasks slicing tomatoes / garnish and chopping onion
<p>Assessment Includes:</p> <p>Cutting tomatoes</p> <ul style="list-style-type: none">• Place tomato on board, using the bottom or flatter side down as stability• Slice in half, then cut side down• Cut into shape required <p>Sliced onions</p> <ul style="list-style-type: none">• Halve peeled onion• Remove root end• Place on board cut side down root end towards self• Fingers turned in, keeping point of knife on board, slice through onion in long strokes <p>Chopping onions</p> <ul style="list-style-type: none">• Halve peeled down• Place cut side down at right angles to body• Cut in downward strokes from stalk end to root. (For smaller dice, closer cuts)• Turn fingers out of the way and cut in horizontal strokes (to suit required size of dice) from stalk end to root• Then cut into dice across slits already cut	
<p>This confirms that the candidate has demonstrated competence in the above tasks.</p>	
Assessor Signature:	Date:

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Student Name:

Unit:

Cook's Knife	Tasks slicing peppers / chopping carrots / dicing carrots
Assessment Includes: Slicing Peppers <ul style="list-style-type: none">• Cut stalk away and remove seeds from inside with fingers• Cut pepper in half, from stalk to base• Cut into quarters• Fingers turned in, firm grip on pepper essential• Knife used in a drawing motion through the pepper Chopping Carrot <ul style="list-style-type: none">• Slice removed from carrot to give a base, flat enough to anchor and stabilize• Carrot sliced lengthways, fingers turned in• With point of knife not leaving the board, the blade should be rolled in a downwards motion through the carrot. Dicing Carrot <ul style="list-style-type: none">• Each slice is cut lengthways in manner as above.• The carrot is then placed cross ways on the board.• The knife drawn through• Point of the knife not leaving board to achieve dice	
This confirms that the candidate has demonstrated competence in the above tasks.	
Assessor Signature:	Date:

Student Name:

Unit:

Carving Knife	Tasks carving on the server
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Assessment Includes:

- Knife to be sharp and in good order
- Joint to be anchored using roasting fork
- Knife to be held by handle only
- Carve using sawing motion onto carving dish on server board in the kitchen
- Knife to be kept sharp

This confirms that the candidate has demonstrated competence in the above tasks.

Assessor Signature

Date

Student Name:

Unit:

Sharpening Steel**Tasks** using a steel to keep knives sharp**Assessment Includes:**

- Ensuring knife & steel are clean before use - to prevent slipping
- Standing on a clean, non-slip, level surface where colleague will not be knocked or distracted • Hold the steel firmly either horizontally or vertically with the point resting firmly on a solid surface such as a chopping board
- When using the steel, the colleague is holding the knife in their main hand and they are keeping their fingers behind the guard on the steel.
- The colleague should draw the blade along the steel at the same slant and at a 45-degree angle • As the knife is drawn along the steel the portion of the knife blade in contact with the steel should progress down towards the point/end of the steel.
- The colleague should repeat a few times - pressing firmly but not hard. Repeat for the other face of the knife.
- After sharpening, the colleague should wash the knife under running water to remove any loose filings from the blade.
- The colleague should take great care whilst using a knife after being sharpened.

This confirms that the candidate has demonstrated competence in the above tasks.

Assessor Signature

Date

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This confirms that the student has completed safe use of knife training, including watching the required video and has satisfactorily demonstrated their skills in this assessment.

Assessor Signature

Date

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