



Welcome.

Over the course of this series, we will learn how to:

- Eat healthy foods on a limited budget
- Plan meals and snacks
- Keep foods safe to eat
- Include more physical activity in our everyday lives
- Prepare and taste healthy recipes

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

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Before beginning, review knife safety tips.



Knife Safety Skills

1. Place food on cutting board. Cut off ends to make a flat surface for round foods such as onions. Never cut food while holding it in your hand.
2. Hold knife close to the blade with your fingers wrapped around the handle for best control.
3. Hold the food with your other hand, keeping fingers curled in like a claw.
4. Cut away from your body using a see-saw motion, keeping the tip of the blade on the cutting board.

Knife Safety Tips

- To protect yourself and others, always carry a knife with the blade pointed down. Pass the knife by the handle.
- If transporting a knife, wrap it in a thick kitchen towel or use a knife shield.
- Don't try to catch a falling knife.
- Wash knives after every use.
- Don't leave knives in a sink of soapy water.

Funded in part by the USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance