

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

MyPlate.gov

Prepare and taste healthy recipes

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

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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.
- 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 seesaw 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*



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