

## Safe chopping

First things first: always use a chopping board. Try to create a flat surface when you're chopping fruit and veg - chop with the flat surface on the board, so the fruit or veg is stable while you cut. We use the 'bridge' and 'claw' techniques to protect our fingers:

### The bridge

- Make a bridge over the vegetable or fruit with your hand. Fingers should be on one side and thumb on the other
- Pick up the knife with the other hand and check that the blade is facing downwards
- Guide the knife under the bridge and over the vegetable or fruit. Cut into it by pressing the knife down and pulling it out of the bridge

### The claw

- Make a claw with your hand by partly curling your fingers together
- Pick up the knife with your other hand and check that the blade is facing downwards
- Tilt the knife and slice through the vegetable or fruit, using your fingers as a guide
- Slide your fingers back, keeping your grip on what you are chopping, and continue slicing carefully. Keep the ends of your fingers vertical almost as if you are digging in your fingernails
- Keep your thumb well back and away from the knife
- Keep reminding yourself to keep the ends of your fingers vertical – it's easy to forget and let your fingers slide into a horizontal position after a few slices!

### Safe peeling

- Always peel away from you, with the end of the vegetable or fruit on your chopping board
- With long foods like carrots, hold one end and peel from the middle away from you. Then hold the peeled end and repeat the same process, peeling from the middle towards the chopping board

### Safe grating

You don't have to grate every bit of the food. Leave a small chunk at the end to hang on to, so your fingers aren't pressed against the grater.

### Staying safe with scissors

Kitchen scissors are sometimes a useful alternative to a knife, especially with young children. They're great for snipping herbs and spring onions – and even pepper slices.

Advice provided by the Children's Food Trust to Tesco Eat Happy Project. Find out more about safe chopping techniques by watching the [Farm to Fork Cooking: Safety First](#) video available on the Eat Happy Project YouTube page.

