

Today's Activity



Know your knife and fork





1 Fork in left hand, knife in right hand.

2 Straighten the **finger next to your thumb**, like you're pointing.

3 Put your **left pointy finger** along the **back of the fork**,
finger nail just below the 'head' of the fork.



4 Put your **right pointy finger** along the **back of the knife**,
being careful not to touch the bit that cuts food.

5 Your **fork holds food still**. Put the prongs into the piece of food
you want to cut- **keep that pointy finger straight!**

6 Use your **knife to cut the food**, with your pointy finger along the back
at all times- **lightly push the knife forwards and backwards**. Keep going
until you've cut your food into a smaller piece!

7 Do we eat from our knife? **NO!** Use the **fork to bring the piece of
food to your mouth** and enjoy- chewing with your **mouth closed**.



TOP TIPS!

Cut food into mouth sized pieces.

Keep those pointy fingers straight and strong!

Keep going, practise makes perfect.

