

Vegetable Cuts

Overview

This resource could be used at any age group.

It would be particularly useful for Level 1 and Level 2 Hospitality students as an introduction to vegetable cuts and would allow them to practise and develop their knife skills.

It could also be used as revision for Level 3 Hospitality students to recap knife skills and vegetable cuts at the beginning of the year.

The following resource includes a Lesson Plan PowerPoint which can be shown to students and worked through in class.

The objective is to allow students to practise their vegetable cuts and knife skills as required in industry.

- In **Lesson 1** students learn/recap the different vegetable cuts. They then practise each cut at an individual work station to become familiar with them.
- In **Lesson 2** students demonstrate their knowledge and skills learnt in a practical lesson.

Lesson Objectives

- 1) Students will be able to identify different vegetable cuts and explain the dimensions of each.
- 2) Students will be able to demonstrate the different cuts as they do in industry.



BRUNOISE



MACEDOINE



JARDINIÈRE



PAYSANNE



JULIENNE



MIREPOIX

Lesson one

THEORY

1. Work through the PowerPoint notes with students, discussing each vegetable cut and showing the dimensions/descriptions of the different vegetable cut.
2. Demonstrate to students each cut or show videos of how each cut is done.
3. Students are to make notes and sketch a picture of each cut - using the vegetable rulers as a measurement guide for each one.

PRACTICAL

1. Students set up a practical work station and prepare to chop vegetables. i.e. wash hands and sanitize tables, set up cutting board with wet cloth underneath it.
2. Teacher to print off the template of the different cuts (shown below) or allow students to fold a piece of paper into 6 and write their own headings. If you are using the activity as an extension for Level 3 Hospitality students you may wish to have them remember their own headings or do a wider range of vegetable cuts.
3. Students use their notes and rulers to attempt the vegetable cuts.

PEER EVALUATION

Students are to take a photo of their finished cuts once completed and use these photos for self and peer evaluation (see questions on PowerPoint presentation).

Students may use the vegetable cuts user guide or rulers as a way of marking their work or peer assessing once they have attempted the cuts. They can compare their own and their partner's work to the correct measurements and make suggestions for improvement.

Link to PDF Poster Resource – Vegetable Cuts

www.vegetables.co.nz/resources/1files/pdf/poster_vegetable_cuts_A3.pdf

DIFFERENTIATION

Some students may achieve all 6 cuts in the allotted time, or some may only achieve 4 or 5. Whether or not they can produce cuts of a good enough quality will also be dependent on their ability.

HOMEWORK

Students are to learn the different vegetable cuts and complete the attached worksheet in preparation for their practical lesson tomorrow.

Lesson two

Practical Lesson – Students are to cook the following dish which includes a range of the vegetable cuts learnt from the previous day.

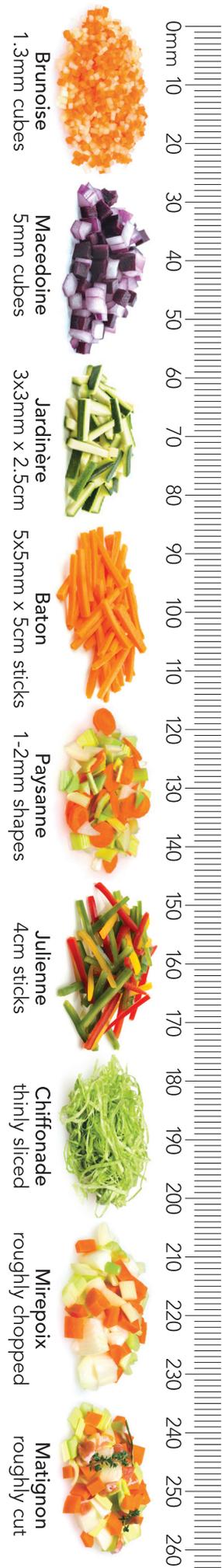
VEGETABLE CUTS SOUP

Ingredients (serves 1)

- ¼ onion, macedoine
- ¼ carrot, brunoise
- 1 tsp canola oil
- ½ courgette or ¼ stick celery, jardine
- 1 cup water
- Pinch salt
- ¼ cup chiffonade spinach
- ½ spring onion, julienne
- ½ slice cheese on toast

Method

1. Stir fry onion and carrot in the oil for 2 minutes.
2. Add courgette or celery and water, bring to boil, reduce heat and simmer for 5 minutes.
3. Add spinach and spring onion.
4. Place cheese on toast in bottom of soup bowl, pour over vegetable cuts soup.





Homework - Vegetable Cuts

Fill in the following table using what you learnt in class today.

VEGETABLE CUT	PICTURE	MEASUREMENTS	TYPICAL VEGETABLES