Assembled Den Meeting Plan – WEBELOS (4th Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Webelos Adventures Den Meeting Resources found at Scouting.Org (or from the requirements), into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …

Webelos – 4th Grade

Chef's Knife

A "Knife Use and Safety" Adventure

ELECTIVE (2 "electives" are needed to earn Webelos Rank)

Snapshot of Adventure. The most common use of a knife is in the kitchen. In this Adventure, you will learn the safety rules about using a knife in the kitchen and some basic instructions on how to use a kitchen knife. Even if you earned the Whittling Adventure as a Bear, you must earn the Chef's Knife Adventure as a Webelos to earn the privilege of using a knife during a Cub Scout activity.

The QR Code above takes you to scouting.org/cub-scout-adventures/chefs-knife/

This Den Meeting Plan adapts Activity content from that Scouting link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

Requirements from the Webelos Handbook

1. **Read, understand, and promise to follow the "Cub Scout Knife Safety Rules."**
2. **Demonstrate the knife safety circle.**
3. **Demonstrate that you know how to care for and use a kitchen knife safely.**
4. **Choose the correct cooking knife and demonstrate how to properly slice, dice, and mince.**

Meeting Plan

Does this take one Meeting to complete – or more? It's up to the Parents / Leaders! As written, you can do this in a single session, but practice makes perfect and Scouts like knives.

PREPARATION (and materials needed): Read the Chef's Knife Adventure in the Webelos Handbook.

- This is an activity where you will want as many adult helpers as possible to keep Scouts safe.
  - Or invite a chef – could be one or more parents – who know how to chop, mince and dice.
- Other items you'll want to have on hand are:
  - A First-aid kit with bandages and ointment!
  - Several sharp kitchen knives and some chopping blocks. And food to slice, dice and mince.
  - Sharpening stones, and old rags for wiping down knife blades.

GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

🔶**Activity Intro:** (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

🔶**Activity 1: Cub Scout Knife Safety Rules (Requirement 1: "*Read, understand, and promise to follow the 'Cub Scout Knife Safety Rules.'*")** (Parent leader: _____)

Review the Cub Scout Knife Safety Key Points of **S**top, **A**way, **S**harp and **S**tore (SASS)

- **Stop** – *make sure no one else is within arm's reach*.
  - Ask Scouts to explain what the rule means and why it's important.
  - Ask them each to stand up and demonstrate how far apart they should be when holding their knife.
- **Away** – *always cut away from your finger or other body parts*.
  - Have them discuss this rule and why it is important. Discuss what to do if they do cut themselves.
  - When you are using the cutting blade, do not try to make big shavings or chips. Cut slowly and steadily.
- **Sharp** – *a sharp, clean knife is a safe knife*.
  - A knife is a tool – it is not a toy. Never use a knife on something that will dull or break it.
  - A sharp knife is safer because it is less likely to slip and cut you. Keep the blade clean and dry.
  - How do they determine if a knife is sharp or dull? We need to know how to sharpen a knife.
- **Store** – *knives closed, in a sheath or knife block*.
  - Never carry an open pocketknife. When you are not using your knife, close it and put it away.
  - Close the blade with the palm of your hand.

🔶**Activity 2: Knife Safety Circle (Requirement 2: "*Demonstrate the knife safety circle.*")** (Parent leader: _____)

Explain to Scouts that they are going to practice making a safety circle, one at a time.

- Tell them that before they pick up their knife to use it, they should stretch their arm out and turn in a circle.
  - They should also raise their hand above their head and move it in a circle to make sure there is nothing above them.
  - If they cannot touch anyone or anything else, it's safe to use their knife.
  - While using their knife, be sure to watch in case someone walks toward them and gets too close.
  - If that happens, put your knife away until it is safe to continue.



- Have each of the Scouts create an area as their own "safety circle" as the knife safety circle and practice.
  - As part of the demonstration, have Scouts pretend they are using their knives.
  - Walk toward them to see if they stop. If they don't, remind them that if someone gets too close to their knife safety circle, they should stop using their knife.

🔶**Activity 3: Knife Use and Care (Requirement 3: "*Demonstrate that you know how to care for and use a kitchen knife safely.*")** (Parent leader: _____)

Kitchen Knives you should want:

Chef's Knife. A solid, sharp chef's knife can do it all.

- It can hack hard fruits and veggies and mince tender herbs.

Paring Knife. Smaller, for smaller and detailed cuts.

- Peeling. Awkward cuts.

Serrated Knife. Ideal for slicing breads, cakes, bagels.

- Also slicing slippery foods, like tomatoes, citrus, pineapple, melons.



To **Pass a *Kitchen* Knife**

- Since you can't close the blade – never hand a kitchen knife (or fixed blade knife) directly to another person.



←= Instead, just lay the knife down on a safe flat surface, like in the middle of a cutting board.

Invite the next user to pick it up from the flat surface. ➔

This reduces the risk of either user cutting the other.



Other Key Tools.

- Cutting Boards (wood or plastic are common)
- Storage blocks or drawers

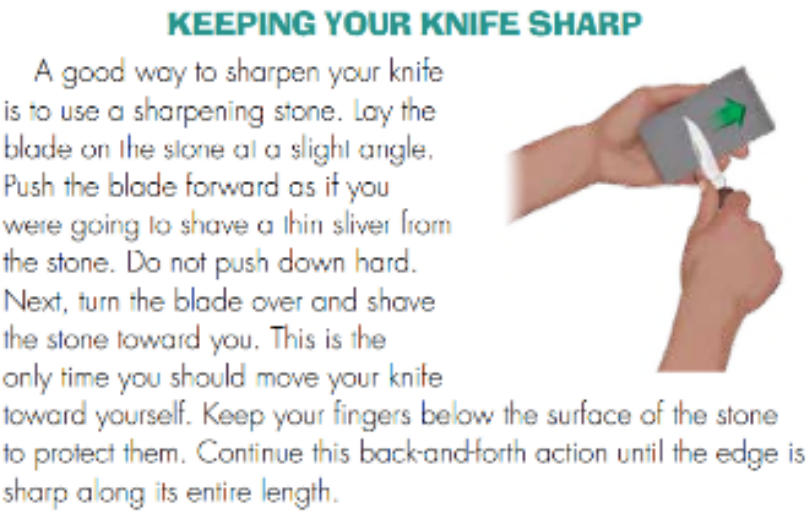






To **Sharpen a Knife (with a flat edge, not serrated)**

- Best to have a large sharpening stone, like in the images below – some are smaller and hand held.
- Hold the knife blade at about at about a 35 degree angle to the stone.
- Keeping your fingers out of the way of the blade, run the blade across the stone away from you, 10 times (more if the blade is very dull).
- Then flip the blade to sharpen the other side of the blade in the same way.
- After sharpening a knife – wash it!









🡸 This Honing Rod is Cool!

Does this sharpen a kitchen knife?

- Nope! But it is an essential tool for a good working knife.
- Knife blades get dull, but even sharp edges get bent and crooked.
- A honing rod or honing steel pushes the edge of the knife back to the center and straightens it. The ridges on the rod or steel guide a blade back into alignment as you draw the knife over it.
- The rod corrects the edge without shaving off much, if any, of the blade's material (like sharpening does).
- The knife will seem sharper because the blade edge is now in the proper position – not bent.
- Many chefs hone before each use of their chef knife.

To **Use a Kitchen Knife – Two Knife Grips and "the Claw" to hold what you're cutting** (To make a claw, shape your free hand by tucking four fingers behind your middle finger. Tightly grip the food with your claw hand, using all five fingers to hold it steady, with the thumb and pinky finger stabilizing the sides):

Handshake Grip



Basic Grip

Pinch Grip



Better Closer Control Grip

"The Claw"



Protect Your Fingers!

🔶Activity 4: Cuts for Cooking (Requirement 4: *"Choose the correct cooking knife and demonstrate how to properly slice, dice, and mince."*) (Parent leader: _____)

Slice



Dice

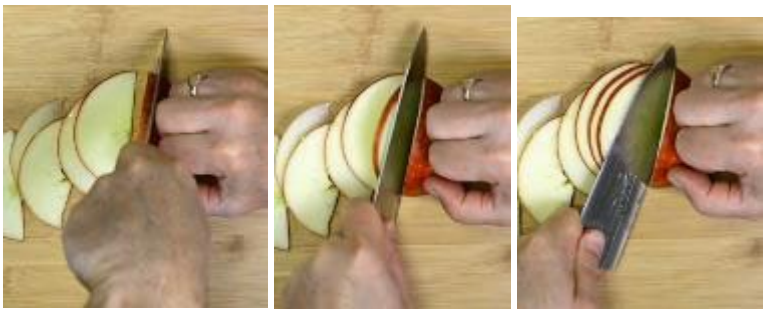


Mince



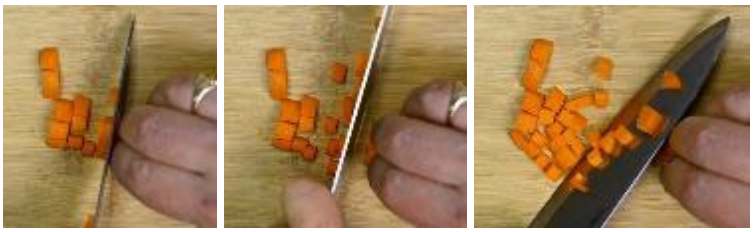
To **Slice**

- Hold the food using the “claw” grip.
- Use the knife in a rocking “tip to heel” motion.
  - “Slice”, don’t “saw”.
- Use the knife to flip + move the slices away as you slice.



To **Dice**

- Used to make uniform cubes.
- Start by slicing the food lengthwise into thick sticks.
- Hold the sticks with your claw hand, and slice down the length into cubes.



To **Mince**

- Used to make fine bits closely chopped.
- Set your knife next to the food, and use your free hand flat on the top of the knife.
- Hold the tip down. Roll the knife tip to heel to chop the food until it is finely minced.



The Adventure Resources offer Activity Cards for Cutting Our Own Dinner, Easy Chicken Salad and Fixing My Own Fruit, but you can make and slice and dice and mince whatever you like.

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Pins to all who completed the requirements. Maybe end with a “Living Circle”.

AFTER THE MEETING: Clean up as needed. Share refreshments if that’s what you like.

Upon completion of this Adventure, your Webelos will have earned the Adventure Pin for it. Make sure they are recognized for their completion by presenting the Adventure Pins as soon as possible according to your pack’s tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/chefs-knife/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Read, understand, and promise to follow the "Cub Scout Knife Safety Rules."**
   - Knife Safety Rules Crossword (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
2. **Demonstrate the knife safety circle.**
   - Webelos Knife Safety Circle (Indoor; **3** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
3. **Demonstrate that you know how to care for and use a kitchen knife safely.**
   - Webelos Kitchen Knife Care and Use (Indoor; **3** of 5 Energy; **5** of 5 Supplies; **3** of 5 Prep Time)
4. **Choose the correct cooking knife and demonstrate how to properly slice, dice, and mince.**
   - Make Fruit Salad (Indoor; **3** of 5 Energy; **5** of 5 Supplies; **3** of 5 Prep Time)
   - Make Salsa (Indoor; **3** of 5 Energy; **5** of 5 Supplies; **3** of 5 Prep Time)