

# Cutting food using knife and fork



## Getting Started:

- Use an easy-to-hold knife and fork (large handle or add foam tubing to handle). Using a slightly heavier knife can be helpful, too.
- Place a rubber mat or wet towel under the plate to prevent it from slipping.
- Use a plate that has high rims to prevent the food from sliding off the plate.
- Make sure your child is seated with his/ her feet touching the floor.
- Your child should hold the knife with his/her dominant hand like in the picture below:



- Start with food that can be easily cut such as pancakes or slices of ham. Gradually work up to cutting hard-to-cut food such as meat.
- Start with less food on the plate. Initially have your child cut only a few pieces and cut the rest for your child.
- The child should eat what he/she has cut, as it is very motivating.
- Initially, you may have to provide hand-over-hand assistance and verbal cues (ex: move the knife back and forth, back and forth). Gradually remove the support you are providing.

## How to cut!

1. Poke the food with the fork at the side closest to the hand holding the fork. (The fork must be in an upright position).
2. Place the knife directly in front of the fork.
3. Cut the food using small back and forth movements of the knife. (Being careful not to “rip” the food using large uncontrolled movements.)
4. Eat the piece of food on the fork. Or remove the food from the fork using the knife to push down on the piece of food.
5. Put the cut pieces of food on one side of the plate.
6. Make sure the piece of food to be cut is in the center of the plate.
7. Repeat steps 1-6 until all of the food is cut.