



Cutting Vegetables

Dyspraxia DCD Ireland ADL Clinic Resource

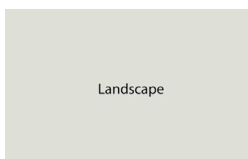
See intro document for support in teaching and learning steps as well as further safety precautions and info.

It is encouraged to practice the skill yourself beforehand and to try teaching the skill to someone else to troubleshoot any issues that your child may encounter along the way.

Sequence of Steps:

1. Gather the equipment needed:
 - ✓ Vegetable of choice (carrot is often a good choice to start with)
 - ✓ Chopping board
 - ✓ Bowl, tray or container for waste
 - ✓ Knife
 - ✓ Towel
 - ✓ Desk/table/counter
 - ✓ Non-slip surface or plate

2. Wash the vegetable with water to remove any dirt and dry with a clean towel or kitchen towel.
3. Place a non-slip surface such as Dycem on the table where you will be working.
4. Place the chopping board on the table in a landscape position.



5. Place the vegetable on the table with one end facing left and the other end facing right.
6. Hold the vegetable with your non-dominant hand on the non-dominant side of the board.
7. With the food-holding hand, round all fingertips like a claw. Tuck the thumb behind the fingers to protect it. It will ensure the fingers don't get in the way when cutting.



8. Hold the knife in your dominant hand.

9. Rocking method is recommended:

- a. Place the tip of the knife onto the board (this should not separate) at a 45 degreeed angle
- b. Move the vegetable under the knife
- c. Rock the knife down
- d. Rock the knife up
- e. Push the vegetable through to the size you want to chop
- f. Repeat until close to the end

10. Put down the knife and put chopped vegetables into the bowl.

Adaptability:

- Spike board.
- Dycem non-slip sheeting.
- Thicker handled knife.
- Use of scissors for chopping instead.

Practical Tips:

- Cut away from the body at all times:
 - Do not place fingers near the blade
- Consider which knife works best for you. Considerations may include:
 - Safety
 - Sharpness of blade
 - Finger placement on knife
 - Grip on knife
 - Size of knife
- Consider use of vegetables of different consistencies while practicing;
 - Carrots, potatoes, aubergine
- If the vegetable rolls (e.g. a potato), it may be easier to cut it in half and then chop. You may get help with this if required.
- Ensure appropriate set-up – place the board directly in front of the child, place the knife on the dominant side of the board.
- Practice in a less pressurised situation, such as outside of mealtime.
- Ensure your child is familiar with knife safety rules;
 - Always assume a knife is sharp
 - Don't hold the knife unless you are ready to use it
 - Only bring the blade near things you want to cut
 - Never leave the knife blade up
 - Point the knife down when not cutting
 - Always cut away from the hand
 - Food moves - knife down
 - Knife moves eyes down

Disclaimer:

It is the responsibility of the caregiver to ensure that the child is supervised by an adult/caregiver while completing all exercises or recommendations during activities outside of the OT calls and that if there is any doubt in relation to the strategy or you or your child's ability to perform this safely, it should not be completed.

It is the responsibility of the caregiver (or the individual if over 18) to ensure that the location of any activities or interventions being undertaken is deemed safe.

If you or your child experiences any discomfort or strain the activity should be stopped immediately.

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