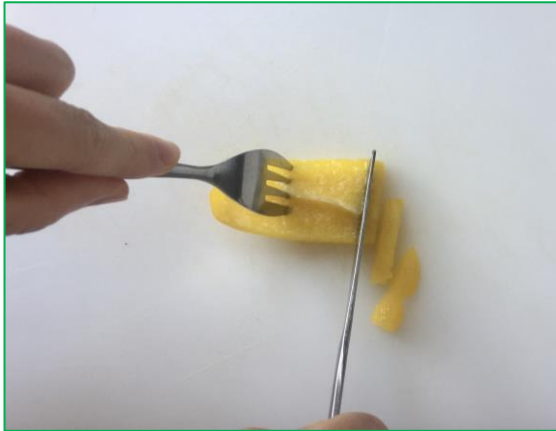


**Become super-duper experts at chopping –
Practical tips for early years.**

1. Fork Secure



2. The Bridge



3. The Claw



4. Snipping



5. Chop larger circular foods in half first to make a straight edge to rest on before giving children to chop.



Top Tip – Boil hard vegetables such as carrots first so that young children can use a table knife to cut through them.