
Ashley Moulton Work Sample

Video Script- “5 knife skills kid chefs should learn”

Audience

Parents who would like to cook with their kids

What this is

The script for one video from a web series, “How to Cook with a Kid Chef.” I produced the series for my company Nomster Chef. The series is designed to answer common questions parents have about cooking with kids. [Here are the videos if you'd like to watch](#)

What I did

Wrote the video script, produced the shoot, on-air talent, worked with editor to create final videos.

B ROLL: closeup of kid hand setting up correct hand position
(Film with Emma and Jamie)

CAM: Ashley in kitchen talking to cam

GFX: Full screen, "Knife Skill #3: Learn the bridge grip.

B ROLL: Kid utilizing the bridge grip
(Film with Emma and Jamie)

GFX: Full screen, "Knife Skill #4: Learn the claw grip.

B ROLL: EMMA CUTTING WITH CLAW GRIP

GFX: Full screen, "Knife Skill #5: Learn how to break down fruits and vegetables"

CAM: Ashley in kitchen talking to cam,

handle, it's actually safer to use your pointer finger and thumb to stabilize the blade?
[VO-Might want to shoot this with me demonstrating on camera too] Before you hand your child a chef knife, have her point with her pointer finger and thumb first. Then have her wrap her other fingers around the handle. Next, curl the pointer finger around the handle so that the knuckle leans on the side of the blade. And last, her thumb actually goes against the other side of the blade.

[Ashley to Cam] The next two knife skills are all about how to hold the food that you're cutting so your fingers don't get in the way.

[VO] One holding technique, and our third skill, is the Bridge Grip.

[VO] It's when you hold the food you're cutting with your hand like a bridge over food. Use this grip to hold smaller foods like strawberries, cherry tomatoes and more. You'll slice underneath the bridge, right down the middle.

[VO] Another holding technique, and our fourth skill, is the Claw Grip.

[VO] The Claw Grip is when you hold the food you're cutting with a claw hand. Put your finger nails on the food to hold it in place. One very important tip is to make sure that their thumb is tucked behind their other fingers! This grip is good for larger food or for cutting food into strips or cubes.

[VO] And the last knife skill to teach your kid chef is how to safely break down fruits and vegetables.

holding a tomato

B ROLL: JAMIE DEMONSTRATING, EMMA FOLLOWING ALONG

B ROLL: CLOSEUP OF EMMA'S HAND

***Note: probably want to shoot this twice, once in wide shot, once with hand close-up

CAM: Ashley in kitchen talking to cam

GFX: NOMSTER LOGO
Outro music

[Ashley to Cam] “Breaking down” is a fancy chef term that means cutting a whole ingredient into small parts. The first thing kids need to learn to do is how to cut foods that easily roll like tomatoes, mushrooms, apples, etcetera. We’re going to show you how to cut a tomato as an example.

[VO] First, the grown-up can cut a small slice on the back of the tomato to help stabilize it. Then, the kid chef can cut the tomato in half. Then, before the kid chef makes her next cuts, help her put the flat sides of the tomato down on the cutting board. This makes the food more stable and easier to cut. Finally, you can help your kid chef cut long strips first, and then rotate the strips to dice the tomato into cubes if that’s what the recipe calls for.

OUTRO:

[Ashley on Cam] Once your child practices these 5 knife skills, she’ll be well on her way to being an expert chef!

Thanks for watching, and stay tuned for our next video: 4 tips to use the oven and stovetop safely with your child.

Happy nomming!