

Year 1 DT: Term 4 Preparing Fruit and Vegetables



Curriculum Key Question: How can I help myself and others?

Topic: Why do we need rainforests?

What should I already know?

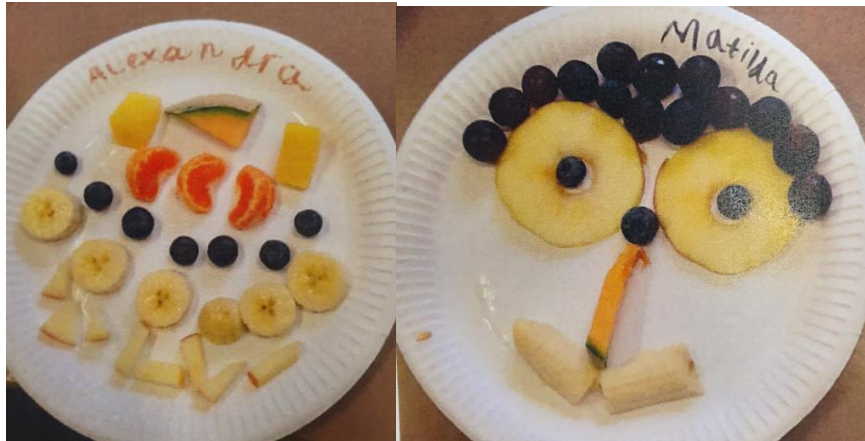
- Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance, taste and smell.
- Experience of cutting soft fruit and vegetables using appropriate utensils.

Skills I will develop:

Preparing fruit/veg

- Demonstrate basic food handling and hygiene practices
- Select and arrange appropriate fruit/veg
- Use a knife to slice using the bridge technique with support

A tropical fruit salad






Teaching aids to demonstrate food processing skills



Key Vocabulary

- **Fruit** - plant or tree's edible seed with envelope
- **Vegetable** - plant used for food
- **Soft, juicy, crunchy, sweet, sticky, smooth, sharp** - ways to describe fruit
- **Flesh, skin, seed, pip, core, pit** - parts of fruit
- **Nutrients** - all the things in food that the body needs to remain healthy
- **Slicing** - cut into slices
- **Healthy diet** - eating a wide variety of foods in the right proportions
- **Ingredients** - any of the foods and substances that are combined to make a particular dish
- **Arranging** - put things in an attractive, or required order
- **Design** - a plan or drawing produced to show the look and function of something before it is made

Food processing equipment			
Utensil	food	effect	mouth feel
 juicer	orange	makes juice	liquid
 peeler	apple	unpeeled ap 's	crunchy
 knife	carrot	thin rings	crispy hard

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