

Phase: KS1	Subject: Design and Technology	Focus: Preparing fruit and vegetables	Term: Autumn 1
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What I should already know?

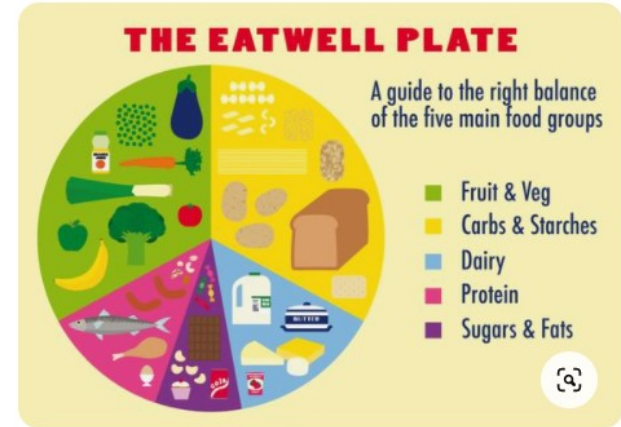
That food needs to be prepared before we eat it.
 That I should wash my hands to get rid of germs.
 I should know what common fruits and vegetables look and smell like.
 How to cut soft fruits and vegetables using appropriate

Vocabulary

fruit	Plant or trees edible seed with envelope
nutrients	All the things in food that the body needs to be healthy.
pith	The soft white lining inside fruit such as oranges.
salad	A cold dish of fresh vegetable or fruit.
prepare	Make something ready for use.
flesh	The soft inside part of the fruit or vegetable.
grater	
peeler	

Knowledge

- Understand where a range of fruit and vegetables come from.
- Understand and use principles of a varied diet to prepare dishes.
- How fruits and vegetables are part of the 'Eatwell Plate'
- Know and use technical and sensory vocabulary listed.







Skill

Peeling, cutting, slicing, grating, squeezing.

By the end of the unit I should know...

- Where a variety of fruit and vegetables come from e.g. farm or grown at home.
- The basic principles of a varied diet including how fruits and vegetables are part of the eatwell plate.
- Know how to use technical and sensory vocabulary related to making a fruit salad.
- How to prepare a variety of fruits safely and hygienically.

Health and Safety

Remove jewellery and tie back long hair.		Wear an apron and roll up your sleeves.		Wash your hands carefully with soap and hot water. For 20 seconds.		Use equipment safely and with an adult supervising		Always clean up properly when you have finished.
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Start of Unit

Can you name the process for each picture?



How many fruits and vegetables should you eat in a day?

How to make a fruit salad:

End of Unit



How many fruits and vegetables should you eat in a day?

How to make a fruit salad: