

# D&T – Food: Preparing Fruit and Vegetables

## Year 2: Autumn 1

### Key Vocabulary

**Nutrients** – all the things in food that the body needs to stay healthy.

**Crisp** – firm and juicy.

**Seed** - the unit of reproduction of a flowering plant, capable of developing into another such plant.

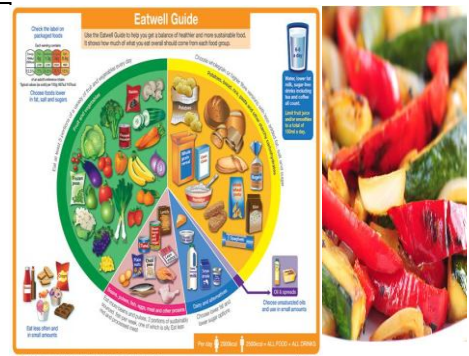
**Flesh** – the edible pulpy part of a fruit or vegetable.

**Healthy diet** – eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

**Sensory evaluation** - subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste, texture (mouth feel).

### Key Questions

- What will it look like if we peel or cut it in half?
- How can we describe the shape, colour, feel, taste?
- Which vegetables might be the best for our product to match the occasion/purpose?
- How do different food processes create different effects?
- How will we know that we designed and made a successful product?



### Concepts

#### Cooking and Nutrition

The nourishment or energy that is obtained from food consumed or the process of consuming the proper amount of nourishment and energy. An example of nutrition is the nutrients found in fruits and vegetables. An example of nutrition is eating a healthy diet.

#### Evaluating

To evaluate is the act or the result of evaluating a situation that requires careful consideration to determine the value, nature, character, or quality of something.

### Key Skills

- Design appealing products for a particular user based on simple design criteria.
- Use simple utensils and equipment to prepare food safely.
- Select from a range of fruit and vegetables according to their characteristics to create a chosen product.
- Understand where a range of fruit and vegetables come from.
- Understand and use basic principles of a healthy and varied diet to prepare dishes.
- Know and use technical and sensory vocabulary relevant to the project.

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/healthy-eating-toolkit/eatwell-plate>