

D&T – Food: Preparing Fruit and Vegetables

Year 1: Spring 1

Key Vocabulary

Salad – a cold dish of fresh or cooked vegetables or fruit.

Kebab - cooked and/or fresh ingredients on a skewer.

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.

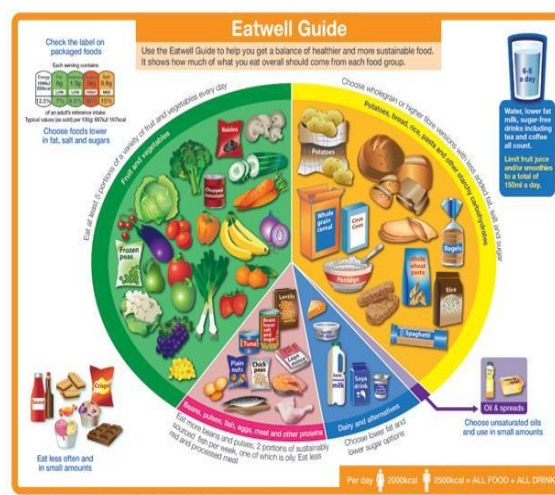
Flesh – the edible pulpy part of a fruit or vegetable.

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 fruits 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?



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>