















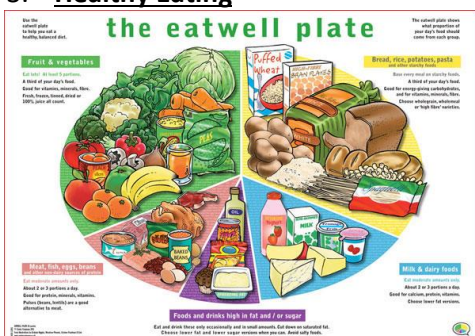
Food - preparing fruit and vegetables (Unit 1)

Prior Learning: Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance, taste and smell. Experience of cutting soft fruit and vegetables.

Future learning: Further food technology in KS1: To understand where fruit and vegetables come from. LKS2: To further develop the use of appropriate kitchen equipment and utensils.

Facts	Vocabulary																				
<p>1. Basic equipment.</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="4">Food processing equipment</th> </tr> <tr> <th>Utensil</th> <th>food</th> <th>effect</th> <th>mouth feel</th> </tr> </thead> <tbody> <tr> <td>  </td> <td>orange</td> <td>makes juice</td> <td>liquid</td> </tr> <tr> <td>  </td> <td>apple</td> <td>unpeeled apple</td> <td>crunchy</td> </tr> <tr> <td>  </td> <td>carrot</td> <td>thin rings</td> <td>crispy hard</td> </tr> </tbody> </table>	Food processing equipment				Utensil	food	effect	mouth feel		orange	makes juice	liquid		apple	unpeeled apple	crunchy		carrot	thin rings	crispy hard	<ol style="list-style-type: none"> 1. Texture – how something feels or looks. 2. Fruit - the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food. 3. Vegetables - plant used for food. 4. Sensory evaluation – subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste, texture (mouth feel).
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<p>2. Food processing skills</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Peeling</p> </div> <div style="text-align: center;">  <p>Cutting</p> </div> <div style="text-align: center;">  <p>Slicing</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Grating</p> </div> <div style="text-align: center;">  <p>Squeezing</p> </div> </div>	<p>Hygiene – some key pointers</p> <ul style="list-style-type: none"> • Jewellery is removed • Hair is tied back • Sleeves are rolled up • Aprons are on • Hands are washed • Cuts are covered with blue waterproof dressing 																				

3. Healthy Eating



The 'eatwell' plate shows the amount of each of the 5 different food types we should eat for a balanced diet.

- We need to eat lots of **fruits and vegetables** and **bread, rice, potatoes, pasta and other starchy foods**.
- We need to eat and drink some **milk and dairy foods** and **meat, fish and eggs and other non-dairy proteins**.
- We should eat and drink a small amount of food and drinks high in **fat and sugar**.

