

## Food- preparing fruit and vegetables (Unit 2)

**Prior Learning:** Year 1 Preparing fruit and vegetables. Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance, taste and smell. Experience of cutting soft fruit and vegetables. Knowledge of different food processing skills.

### Facts

All of fruit and vegetables are grown on trees, bushes, vines or under the ground.

Fruit grows on trees such as bananas, apples, plums and cherry.



Some fruit and vegetables grow on small bushes such as peppers and some berries.



Fruit and vegetables can also grow on vines such as watermelons, grapes, tomatoes, cucumbers and green beans.



Some vegetables that grow underground are: potatoes, carrots, turnips, radishes and onions.



### **Job Opportunities**

- Dietician
- Food technologist
- Quality manager
- Chef
- Baker
- Butcher

### Vocabulary

1. Vine— a vine is a plant with long stems that grow along the ground or climb a support structure.
2. Nutrients— a substance that is needed for healthy growth, development, and functioning. Fruits and vegetables have important nutrients.
3. Root vegetable— the fleshy enlarged root of a plant used as a vegetable.

### **Journey from farm to shops**

- Cut from tree/bush/vine or dug up from the ground.
- Transported to factory to be separated from stems and any dirt.
- Washed and sorted by size and quality.
- Put into ice cold water to keep it fresh.
- Checked one more time before being packaged and transported to shops.

It usually takes around 36 hours for fruit and vegetables grown in the UK to get from the farm to your local shop.

### **Youtube:**

**What are fruits and vegetables?**

[https://www.youtube.com/watch?v=IYCP8IP\\_kQo](https://www.youtube.com/watch?v=IYCP8IP_kQo)



**Where does fruit and vegetable come from?**

<https://youtu.be/9Opt06QF9WY>



**The Journey from Farm to Fork**

<https://youtu.be/Pf74rrn1uLk>

