Year 1 Food (preparing fruit and vegetables)

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| 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. |

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| Facts | Vocabulary |
| 1. **Basic equipment.** | 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). |
| 1. **Food processing skills** |
| **Hygiene – some key pointers**   * Jewellery is removed * Hair is tied back * Sleeves are rolled up * Aprons are on * Hands are washed * Cuts are covered with blue waterproof dressing |
| 1. See the source image**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***. | |