

Design Technology- Preparing fruit and vegetables

Food Processing Skills:

Peeling-	Cutting-	Slicing-	Grating-	Squeezing-
				

Vocabulary:

Texture – how something feels or looks.

Fruit - the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

Vegetables - plant used for food.

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

Equipment- knife, chopping board, grater, peeler, juicer

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
- 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.

Questions:

Why do we need to stay healthy? How can we make healthy food? What do we need to do first before preparing food? What is a balanced diet.

