



Food

Preparing fruit and vegetables

Y2

In this unit, we will design, make and evaluate a fruit snack for a class picnic.

Knowing More Remembering More:

Remembering previous learning

(From science learning)

What is a healthy diet? A healthy diet includes fruit, vegetables and other healthy food.

Skills

I will be able to:

Design:

- 2.1 Use drawings to record ideas as they are developed.
- 2.2 Add notes to drawings to help explanations.
- 2.4 Describe my models and drawings of ideas.

Make:

- 2.7 Explain which materials I am using and why.
- 2.8 Select and name the tools needed for making.
- 2.9 Use suitable finishing techniques.

Evaluate:

- 2.13 Talk about my design and what I am making.
- 2.14 Say how well my product meets the design criteria.
- 2.15 Suggest how my finished product could be improved.

Techniques:

Teaching aids to demonstrate food processing skills



Peeling



Cutting



Slicing



Grating



Squeezing

Inspiring Individuals



Jamie Oliver

Vocabulary

Technical vocabulary

Fruit and vegetable names, Sensory vocabulary e.g. soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard.

Process vocabulary

Flour, skin, seed, pip, core, slicing, peeling, cutting, squeezing, healthy diet, choosing, ingredients, planning, investigating, tasting, arranging, popular, design, evaluate, criteria.

Names of equipment and utensils.

Knowing More Remembering More:

Knowing more in Y2

What is a fruit? A fruit is the part of a plant that contains seeds.

What does fruit taste like? Fruits have a sweet taste.

Why is fruit good for you? Fruits are rich in fibre, vitamin C and water.

What is a vegetable? Part of plants that can be eaten by people as food. The parts may be the leaves, roots, or stem. Vegetables do not contain seeds.

What do vegetables taste like? Vegetables can taste sweet, salty, sour or bitter.

Why are vegetables good for you? Vegetables are a source of fibre, vitamins and minerals.