







Year 1/2: Food-Preparing fruit and vegetables

Subject Specific Vocabulary		Prior Learning EY	Sticky Knowledge
fruit	plant or tree's edible seed with envelope.	Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell. Experience of cutting soft fruit and vegetables using appropriate utensils.	<ul style="list-style-type: none"> Understand where a range of fruit and vegetables come from e.g. farmed or grown at home. Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The eatwell plate. Know ways to talk about the food they try. Taste and evaluate a range of fruit and vegetables to determine the intended user's preferences. Use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.
nutrients	all the things in food that the body needs to remain healthy.		
pith	the soft white lining inside fruit such as oranges.		
		Future Learning Y3/4	
salad	a cold dish of fresh and/or cooked vegetables or fruit.	Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet. Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.	
sensory evaluation	subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste and texture.		
persimmon	tropical fruit	<p style="text-align: center;">AFRICAN FRUIT SALAD</p> 	 <p>Peeling</p>
papaya	tropical fruit		 <p>Cutting</p>
mango	tropical fruit		 <p>Slicing</p>
guava	tropical fruit		 <p>Grating</p>
passion fruit	tropical fruit		 <p>Squeezing</p>
			<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