




Year 1 – Autumn

Planning, designing, making process

Prior Learning: Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance, taste and smell. Experience of cutting soft fruit and vegetables.

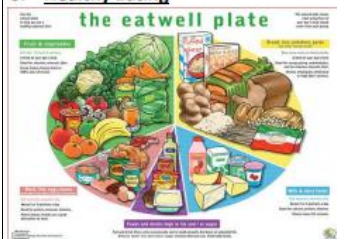
1. Basic equipment.

Food processing equipment			
Utensil	food	effect	mouth feel
 juicer	orange	makes juice	liquid
 peeler	apple	unpeeled apple	crunchy
 knife	carrot	thin rings	crispy hard

2. Food processing skills



3. 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**.

Key vocabulary, knowledge and understanding

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.



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



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



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



Video on fruits and veg- [https://www.youtube.com/watch?v=LYCP8IP\\_kQo](https://www.youtube.com/watch?v=LYCP8IP_kQo)

Key vocabulary

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

Climates and countries.

It is possible to grow all types of vegetable in any climate but for the best taste, these are the types of vegetable that grow best in hot and cold climates.

Hot climates	Cold climates
• Broccoli,	• Sweet potatoes,
• Sprouts,	• Tomatoes,
• Cabbage,	• Cucumber,
• Carrots,	• Corn,
• Cauliflower.	• Beans.

Different fruits prefer much more specific climates to grow in.

Hot climates	Cold climates
• Lemons,	• Plums,
• Oranges,	• Pears,
• Avocados,	• Apricots,
• Kiwis,	• Cherries,
• Passion fruits.	• Apples.