

# Year 1 - Explore understanding of food - Fruit

## How do I process fruit?

Cutting



Peeling



Juicing



Mixing



Blending



These are in addition to previously taught methods:

- Mixing
- Decorating

## Glossary:

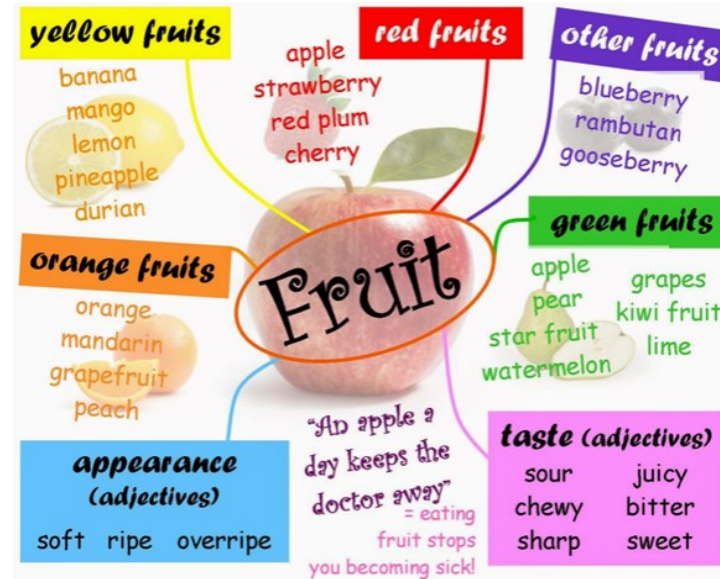
- **Fruit** - plant or tree's edible seed with envelope.
- **Nutrients** - all the things in food that the body needs to remain healthy.
- **Pith** - the soft white lining inside fruit such as oranges.
- **Sensory evaluation** - subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste, texture (mouth feel).
- **Kebab** - cooked and/or fresh ingredients on a skewer

## KITCHEN SAFETY CHECKLIST

- ☐ WASH YOUR HANDS 
- ☐ FOLLOW THE DIRECTIONS
- ☐ DON'T TOUCH KNIVES 
- ☐ USE OVEN MITTS 
- ☐ HANDS OFF THE STOVE/OVEN
- ☐ WAIT TO EAT UNTIL IT'S COOKED
- ☐ -----

## Sticky Knowledge:

- Know the basic rules of kitchen safety.
- Recognise 20 fruits.
- Know what makes an item a 'fruit'.



## SDG LINK

2 NO HUNGER



6 CLEAN WATER AND SANITATION



12 RESPONSIBLE CONSUMPTION

