

# Year 2 Summer - Explore understanding of food - Vegetables

## How do I process vegetables?

Chopping



Mashing



Peeling



Grating



Heating/Cooking



These are in addition to previously taught methods: Cutting, Juicing, Blending, Mixing and Decorating

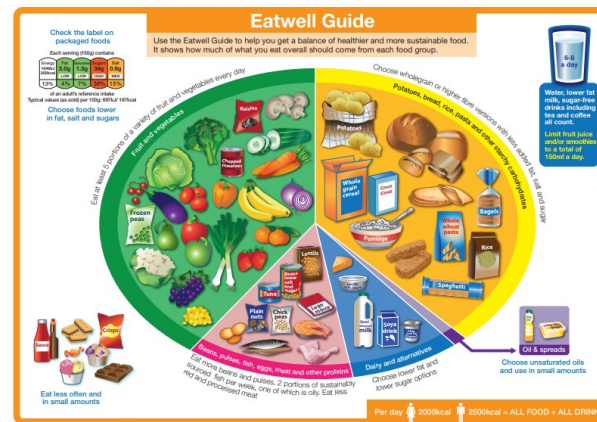
## Glossary:

- **Vegetable** – plant used for food.
- **Nutrients** – all the things in food that the body needs to remain healthy.
- **Salad** – a cold dish of fresh and/or cooked vegetables or fruit.
- **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.

## Vegetables



## Eatwell Guide



## Types of Potatoes

### Starchy

Ideal for frying or baking



### Waxy

Ideal for roasting or boiling



### All-Purpose

Ideal for pan-frying, roasting, or stewing



Roasted Vegetables

## Sticky Knowledge:

- Recognise 20 vegetables.
- Know what makes an item a 'vegetable'.
- Know what the 'Eat-Well' plate is and recommend proportions of food consumed
- Know that different fruit and vegetables grow in different seasons.

Tie long hair at the back of your head.

Remove jewellery.

Remove nail varnish.

Roll up long sleeves.

Put on an apron.

Wash and dry hands.

