Year 2 Autumn - Explore understanding of food - Vegetables

The Rivers C of E Academy Trust

How do I process vegetables?

Chopping



Mashing



Peeling



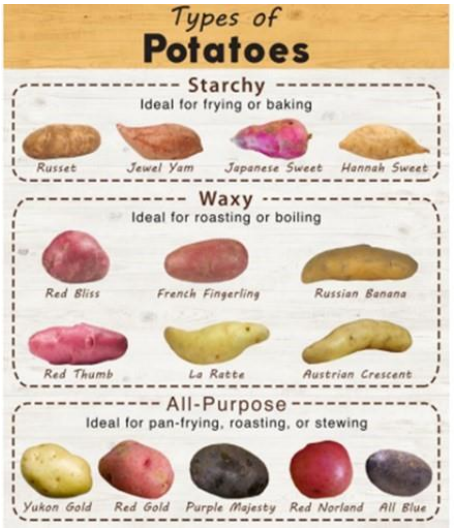
Grating



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.







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.

