Year 1- Explore understanding of food - Fruit

The Rivers C of E. Academy Trust

How do I process fruit?

Cutting



Peeling



Mixing



Juicing

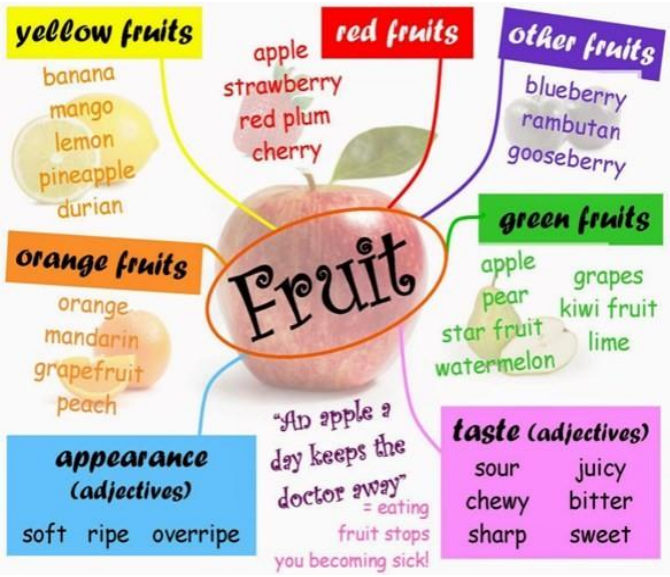


Sticky Knowledge:

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

SDG LINK





Glossary:

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

Flesh – The soft, inner part of a fruit or vegetable

Seeds – A small part made by a plant from which new plants grow.

Stalk – The supporting and connecting part of a plant.

Skin – The very thin outer layer.

