



Year group: Year 1
 Term: Summer
 Subject: Design Technology – Food –
 Preparing Fruit and Vegetables – Fruit Kebab

Prior learning

EYFS – The children will have had a daily health snack capé. Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell. • Experience of cutting soft fruit and vegetables using appropriate utensils

What comes next?

Year 2 Summer Term – Making a Sandwich

The children will have experience of spreading butter and chopping and grating to create healthy fillings for a sandwich.

Notes and guidance

Discuss basic food hygiene practices when handling food including the importance of following instructions to control risk e.g. What should we do before we work with food? Why is following instructions important?

Demonstrate how to use simple utensils and provide opportunities for the children to practise food processing skills such as washing, grating, peeling, slicing, squeezing e.g. Do we eat the whole fruit? Why or why not? Which parts do we eat? What might we have to do before eating this? Why do we cut, grate, peel and slice in this way?

Discuss different effects achieved by different processes.

Discuss healthy eating advice, including eating more fruit and vegetables; using The Eatwell Guide model talk about the importance of fruit and vegetables in our balanced diet e.g. Why is it good to eat fruit and vegetables? How many pieces of fruit/vegetables do you eat per day? Why is it important to wash fruit/vegetables before we eat them

Key vocabulary

Peeling slicing grating squeezing

Teaching aids to demonstrate food processing skills



Peeling



Cutting



Slicing



Grating



Squeezing




Hygiene – some key pointers

- Jewellery is removed
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- Hands are washed
- Cuts are covered with blue waterproof dressing



Further information from www.foodfactoflife.org.uk

Food Processing Equipment

Utensil	Food	Effect	Mouth feel
	Orange	Makes juice	Liquid
	Apple	Unpeeled apple	Crunchy
	Carrot	Thin rings	Crispy hard

Substantive Knowledge

I know where a range of fruit and vegetables come from e.g. farmed or grown at home.

I know basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The Eatwell Guide.

I know different ways in which fruit and vegetables can be prepared or cooked.

Disciplinary Knowledge

To know that chefs' taste and evaluate a range of fruit and vegetables to determine the intended user's preferences.

Procedural Knowledge

I know how to use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.

I can select from a range of fruit and vegetables according to their characteristics e.g. colour, texture and taste to create a chosen product

Links to other curriculum areas

Science – Health Eating – Nutrition and Diet – Growing and Cooking

End Points

- To be able to use creativity and imagination to create high quality products.
- To master the use of a range of design technology tools and techniques.
- To be able to design, make and evaluate their products referring to whether it is fit for purpose and meets the design criteria.



DESIGN



Key vocabulary definitions.

- **Peeling** – Taking the skin off something, like a banana or an apple.
- **Slicing** – Cutting something into thin pieces.
- **Grating** – Rubbing food on a grater to make tiny pieces, like cheese or carrot.
- **Squeezing** – Pressing something hard to get the juice or liquid out.

DESIGN