

## Year 1/2: Food-Preparing fruit and vegetables-What makes a great tropical fruit salad?

| Subject Specific Vocabulary |   | Prior Learning EY   | Sticky Knowledge   |
|-----------------------------|---|---|--|
| <b>fruit</b>                | plant or tree's edible seed with envelope.  | Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell.<br>Experience of cutting soft fruit and vegetables using appropriate utensils.   | <ul style="list-style-type: none"> <li>Understand where a range of fruit and vegetables come from e.g. farmed or grown at home.</li> <li>Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The eatwell plate.</li> <li>Know ways to talk about the food they try.</li> <li>Taste and evaluate a range of fruit and vegetables to determine the intended user's preferences.</li> <li>Use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.</li> </ul> |
| <b>nutrients</b>            | all the things in food that the body needs to remain healthy.   |   |  |
| <b>pith</b>                 | the soft white lining inside fruit such as oranges.   |   |  |
|                             |   | Future Learning Y3/4  |  |
| <b>salad</b>                | a cold dish of fresh and/or cooked vegetables or fruit.   | Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet.<br>Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients. |  |
| <b>sensory evaluation</b>   | subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste and texture. |   |  |
| <b>persimmon</b>            | tropical fruit  |   |  |
| <b>papaya</b>               | tropical fruit  |   |  |
| <b>mango</b>                | tropical fruit  |   |  |
| <b>guava</b>                | tropical fruit  |   |  |
| <b>passion fruit</b>        | tropical fruit  |   |  |
|                             |   |   |  |
|                             |   |   |  |

### TROPICAL FRUIT SALAD



#### 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