



Year 1

DT - Cooking and Nutrition: Preparing fruit and vegetables

Key vocabulary

<i>chopping board</i>	A piece of wood or plastic that fruit or vegetables can be cut up on.
<i>edible</i>	Something that is safe to eat.
<i>exotic fruit</i>	Fruit that is grown in a foreign country which is usually hot.
<i>fruit</i>	A plant or tree's seed which can be eaten. An edible seed.
<i>fruit cocktail</i>	Lots of different types of fruit chopped up.
<i>kebab</i>	Cooked and/or fresh food on a wooden or metal skewer (a long, thin stick)
<i>nutrients</i>	The things our bodies need to stay healthy.
<i>pith</i>	The soft, white inside of fruit like oranges.
<i>salad</i>	A cold dish of fresh and/or cooked vegetables or fruit.
<i>vegetable</i>	An edible plant e.g. peas, carrots, broccoli

How to stay safe when preparing food.

- Remove all jewellery
- Tie your hair back
- Roll your sleeves up
- Wear an apron
- Wash your hands
- Cover cuts with a blue plaster

Ways to prepare fruit and vegetables before we eat them.



peeling



cutting



slicing



grating



squeezing

Tools we can use to prepare fruit and vegetables



peeler



grater



green
chopping board



juicer



pairing knife