

Year 2
DT - Cooking and Nutrition: Preparing fruit and vegetables

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

Key Vocabulary

chop	To cut something into pieces.
chopping board	A piece of wood or plastic that fruit or vegetables can be cut up on.
design	A plan or drawing of something before it is made.
edible	Something that is safe to eat.
evaluate	To explain what is good about something and what could be even better.
exotic fruit	Fruit that is grown in a foreign country which is usually hot.
fruit	A plant or tree's seed which can be eaten. An edible seed.
fruit cocktail	Lots of different types of fruit chopped up.
grate	To shred food into small pieces by rubbing it on a grater.
kebab	Cooked and/or fresh food on a wooden or metal skewer (a long, thin stick)
nutrients	The things our bodies need to stay healthy.
pith	The soft, white inside of fruit like oranges.
salad	A cold dish of fresh and/or cooked vegetables or fruit.
texture	How something feels in your hands or in your mouth.
vegetable	A plant used for food. An edible plant.

Ways to prepare fruit and vegetables



peeling



cutting



slicing



grating



squeezing

Less common fruits and vegetables

mango



lychee



cabbage



courgette



kiwi fruit



dragon fruit



sweet potato



lettuce



Tools we can use to prepare fruit and vegetables



peeler



grater



green
chopping board



juicer



pairing knife