

Subject Specific Vocabulary



Year 1 & 2 Spring Cycle A Design and Technology Food and Nutrition Preparing fruits and vegetables Concept: Nutrition

Fruit	The sweet and fleshy creation of a tree or other plant that contains seed and can be eaten as food.
Vegetables	A plant or part of a plant used as food.
Peel	To remove the outer covering or skin from a fruit or vegetable
Cut	Make an opening with a sharp edge tool
Eatwell plate	A plate design to show a healthy and balances meal.

Knowledge

Skills

To prepare different sandwiches and dishes for an afternoon tea using healthy foods - fruit and vegetables.

Peel-with a swivel peeler with adult support

Spread-soft ingredients, e.g. Hummus

Grate-soft foods, e.g. cheese,

Cut-low resistance foods with a table knife in to equal size pieces/slices, e.g. canned pineapple slices, sticks of pepper, cucumber, mushrooms-use a fork to secure foods



Cucumber sandwiches:



Snip-fresh herbs, spring onions

