

A Fruit Feast

Key People and Events

885 AD	Apples have grown for thousands of years and are well known to Ancient China, Egypt, Greeks and Roman. They have been popular throughout the centuries to the present day.
1947	Alfred Neweczerzal of Davos invented the first peeler.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Key Knowledge and Skills

Fruit/veg grown in the UK	
Peeling	Learn how to peel in the direction away from the body.
Cutting	Know how to use scissors safely.
Grating	Learn how to use a grater independently.
Squeezing	Know how to use a squeezer to extract juice.
Slicing	Know how to use a bridge hold or claw grip to secure items so they can be cut safely.
Hygiene when handling food.	Hands are washed. Hair is tied back. Aprons are worn. Sleeves are rolled up. Any cuts are covered.
Utensil names	Grater, peeler, knife, lemon squeezer, spoon, chopping board.
Sensory vocabulary	Sweet, sour, juicy, crisp, sharp, crunchy.

Key Vocabulary

fruit	Parts of a plant that contain seeds that can be eaten.
vegetable	Parts of a plant that can be eaten.
design criteria	Goals that must be met to make the project successful.
produce	Grow or make a natural product.
harvested	Grathered from crops.
climate	The weather in an area.
utensils	A tool or container.
cut	Make an opening using a tool.
slice	Something cut from a larger potion.
peel	Remove the outer covering or skin from a fruit or vegetable.
grate	Make small shreds of food.
healthy diet	Eating food from a variety of food groups to get the energy and nutrients that your body needs.
hygiene	Things done to stay clean.
ingredients	Food you need to put together a dish or meal.
evaluate	Deciding if you've done something the best way, and looking at what could be improved.