



Subject: DT

Year group: 1

Term: Summer

Unit name: Food- preparing fruit and vegetables

Prior Knowledge –

- Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell.
- Experience of cutting soft fruit and vegetables using appropriate utensils.

National curriculum:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from

Key vocabulary

fruit and vegetable names	slicing
names of equipment and utensils	peeling
sensory vocabulary e.g., soft,	cutting
juicy, crunchy, sweet, sticky,	squeezing
smooth, sharp, crisp, sour, hard	healthy diet
flesh	choosing
skin	ingredients
seed	
pip	
core	

Food Processing Skills



Peeling



Cutting



Slicing



Grating






Squeezing

Design Process

Investigative and Evaluative Activities (IEAs)

Focused Tasks (FTs)

Design, Make and Evaluate Assignment (DMEA)

Food Processing Equipment			
Utensil	Food	Effect	Mouth feel
Juicer 	Orange	Makes juice	Liquid
Peeler 	Apple	Unpeeled apple	Crunchy
Knife 	Carrot	Thin rings	Crispy hard

Key Learning Assessment Statements- what will the children know by the end of the unit?	
To be able to handle, smell and taste fruit and vegetables in order to describe them through talking and drawing and establish preferences.	The names of different fruits. Where different fruits come from. The names of some different dishes using fruit.
To understand basic food hygiene practices when handling food including the importance of following instructions to control risk.	How to safely prepare food.
To know how to use simple utensils, practise food-processing skills and understand the effect of each of these on the food: washing, grating, peeling, slicing, squeezing.	Different ways to prepare fruit- Cut, peel, pick, chop
To know and be able to talk about healthy eating and begin to understand the term 'balanced diet'.	How to have a healthy diet (the eat well plate). 