

Knowledge Organiser

Subject: Design and Technology Unit: Eat more fruit & veg

Overview		
<p>During this sequence of learning, pupils will look at different fruits and vegetables and taste them. They will practise using different tools safely and use the appropriate language associated with food preparation. The children will learn about the importance of eating more fruit and vegetables and other food groups and design some new recipes.</p>		
What should I already know?	Vocabulary:	
<p>In the EYFS, the children have experienced the following things: -</p> <p><u>Cooking skills</u></p> <ul style="list-style-type: none"> • Can use a range of cooking tools safely. • Can wash hands before food preparation. <p><u>Nutrition</u></p> <ul style="list-style-type: none"> • Understand that food is needed for us to grow and be active. <p><u>Food knowledge</u></p> <ul style="list-style-type: none"> • Can talk about a range of fruits and vegetables. • That you can grow food or buy it from shops. • Can sort foods into healthy & unhealthy groups. <p><u>Enjoying food</u></p> <ul style="list-style-type: none"> • Are willing to try new food 	<p>Ingredients</p> <p>Fruit</p> <p>Vegetables</p> <p>Vitamins</p> <p>Minerals</p> <p>Healthy</p> <p>Bacteria</p> <p>Preparation</p> <p>Food safety</p> <p>Hygiene</p> <p>Washed</p> <p>Peeled</p> <p>Cored</p>	<p>Any of the foods that are used to make a dish.</p> <p>A fruit is the part of a flowering plant that contains the seeds.</p> <p>Vegetables are the leaves, stems, roots, or other parts of certain plants that people eat.</p> <p>Vitamins and minerals are compounds that we need for our bodies to function.</p> <p>Being well and not sick.</p> <p>Small organisms, or living things.</p> <p>Getting something ready</p> <p>Knowing how to avoid the spread of bacteria when buying, preparing, and storing food.</p> <p>The way we keep surfaces clean and prepare food safely to keep people well.</p> <p>To use water to clean the surface.</p> <p>To strip the skin off.</p> <p>To cut out the centre bit of the fruit that is not easy to eat.</p>
What will I know by the end of the unit?		
<p><u>Cooking skills</u></p> <ul style="list-style-type: none"> • Can use some simple equipment - sharp knife, peeler and grater • Can explain that some ingredients need to be washed or peeled before they can be eaten. • Can combine fruits or vegetables. • Can work hygienically by washing hands, food and surfaces. <p><u>Nutrition</u></p> <ul style="list-style-type: none"> • Can understand that we need food to grow, be active and keep healthy. • Know that a healthy diet means eating a variety of foods that give you nutrients to keep healthy, feel good and have energy. <p><u>Food knowledge</u></p> <ul style="list-style-type: none"> • Can identify a wide variety of fruit and vegetables • Know that fruits and vegetables taste and smell differently 		



- That different parts of the vegetables and fruit are called - skin, flesh and seeds.

Enjoying food

- Can express a preference including like/dislike



Cut

To use a knife to slice through.

Grated

To break into small pieces by rubbing against something rough.

Healthy plate



Salad

A mixture of raw green leafy vegetables with other vegetables.

Spicy

Flavoured with or containing spice or a spicy sauce.

Bitter

Having a sharp taste that isn't sour or salty.

Sweet

Something that contains or tastes of sugar.

Evaluating

To decide if something worked/taste good.