

Year 2 : Preparing fruit and vegetables:

Target Memories:

Techniques

Peeling



Slicing



Grating



Cutting



Squeezing



Peeling

Cutting

Slicing



Grating



Squeezing

Slicing Skills

The claw



Flat Surface Down



The bridge



Hygiene Rules

Remove jewellery



Tie back hair



Roll up sleeves



Put on apron



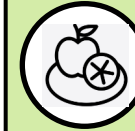
Wash hands



Cover up cuts



Key Vocabulary:



Fruit – plant or tree's edible seed with envelope.



Vegetable – plant used for



Nutrients – all the things in food that the body needs to remain healthy.



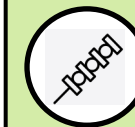
Pith – the soft white lining inside fruit such as oranges.



Salad – a cold dish of fresh and/or cooked vegetables or fruit.



Sensory evaluation – subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste, texture



Kebab – cooked and/or fresh ingredients on a skewer.