

Unit hub



Intended outcome of the unit

Describe fruits and vegetables and explain how to identify fruits.

Name a range of places that fruits and vegetables grow.

Describe basic characteristics of fruit and vegetables.

Prepare fruits and vegetables to make a smoothie.

Key Vocab

blend
blender
chopping board
compare
cut
design
evaluate

flavour
fork
fruit
healthy
ingredients
juice
juicer

Unit specific links:



[Assessment Y1: Cooking and nutrition: Smoothies](#)

[Knowledge organiser](#)

Week	Week	Week	Week	Week	Week
Lesson 1: Fruits	Lesson 2: Growing	Lesson 3: Cutting and juicing	Lesson 4: Testing ingredients	Lesson 5: Making smoothies	Lesson 6: Evaluating
To identify fruits.	To describe where fruits and vegetables grow.	To practise food preparation skills.	To select ingredients for a recipe.	To apply food preparation skills to a recipe.	To evaluate against the design brief.

Suggested Next Steps

New [Cooking and nutrition: Balanced diet](#)

Key vocabulary