

## Year 1 D.T. Food Technology unit – Fruit kebabs

### Key Knowledge

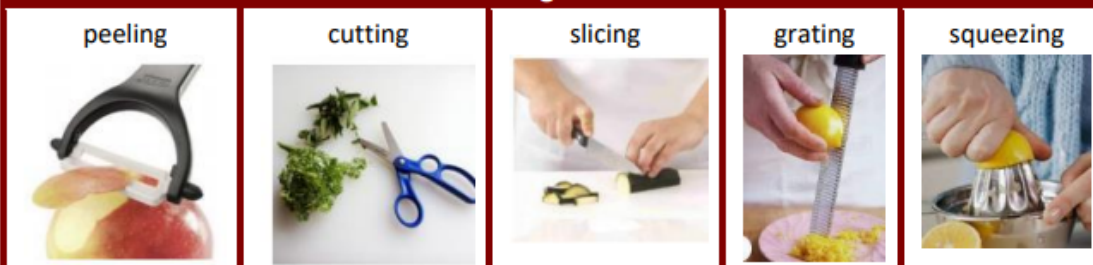
#### Design Process

<b>Research</b>	Taste and evaluate a range of fruit and vegetables to determine the intended user's preferences
<b>Design</b>	Design appealing products for a particular user based on simple design criteria. • Generate initial ideas and design criteria through investigating a variety of fruit and vegetables. • Communicate these ideas through talk and drawings
<b>Make</b>	Use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely. • Select from a range of fruit and vegetables according to their characteristics e.g. colour, texture and taste to create a chosen product.
<b>Evaluate</b>	• Evaluate ideas and finished products against design criteria, including intended user and purpose.

#### Technical Knowledge and Understanding

- Understand where a range of fruit and vegetables come from e.g. farmed or grown at home.
- Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The eatwell plate.
- Know and use technical and sensory vocabulary relevant to the project.




#### Diagrams



### Key Vocabulary

Spelling	Definition/Sentence
Fruit	Plant or tree's edible seed with envelope
Vegetable	Plant used for food
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 (mouth feel).
Kebab	Cooked and/or fresh ingredients on a skewer

#### Examples

Food processing equipment			
Utensil	food	effect	mouth feel
juicer 	orange	makes juice	liquid
peeler 	apple	unpeeled apple	crunchy
knife 	carrot	thin rings	crispy hard

#### *Hygiene Rules*

- Jewellery is removed
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- hands are washed
- Cuts are covered with blue waterproof dressing