



Food - Preparing Fruit and vegetables

Fruit and vegetable Kebabs



Peeling



Cutting






Slicing



Grating



Squeezing

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 - some key pointers

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

Further information from www.foodafactoflife.org.uk



Glossary

- **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.

Activate Windows
Go to Settings to activate Windows.