



Prior learning: In Reception, children will have helped to prepare their own food and snacks and began to understand what healthy eating is.

Meet some brilliant chefs...



Yotam Ottolenghi is an Israeli-born British chef who is well known for using vegetables within his recipes and restaurants.



Jamie Oliver is a famous television chef, who campaigned to make school meals healthier.

1. What are fruit and vegetables?

We will learn the differences between fruit and vegetables and how they are an important part of a healthy diet



fruit (contains seeds)



Vegetables (roots, buds, stems and leaves)

sticky knowledge

7• Brilliant chefs recognise fruits and vegetables and know that they are important for a healthy diet

2. Where do fruits and vegetables come from?

We will look at the labels and packaging of fruit and vegetables to learn where in the world they come from. We will create a class map of where our fruit and vegetables come from.



sticky knowledge

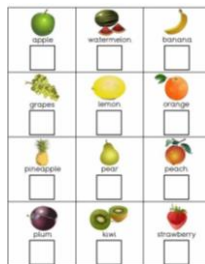
8• Brilliant chefs know that fruit and vegetables come from all over the world

3. Which ingredients would make a good fruit salad?

We will explore a variety of ingredients to decide their suitability for our fruit salad based on our personal preferences. We will try different fruits and fruit juices and evaluate if we like the taste.



5• Brilliant chefs evaluate a range of ingredients

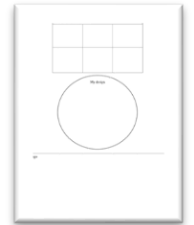


4. How do chefs design a fruit salad?

We will look at a design brief for a fruit salad plan and then plan which ingredients to use, drawing our fruit salad and designing a label for the packaging.



- 1• Brilliant chefs design an appealing fruit salad for themselves and other users based on design criteria
- 2• Brilliant chefs can draw and talk about their design



5. How do chefs make a fruit salad?

We will first learn and practice the 'claw' and 'bridge' cutting techniques, then follow our plans to create a fruit salad. We will discuss the importance of good hygiene.



claw grip



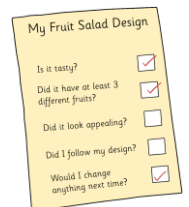
bridge hold

sticky knowledge

- 3• Brilliant chefs learn to cut with knives using safe grips
- 4• Brilliant chefs select ingredients according to their characteristics

6. How do chefs evaluate their fruit salads?

We will share our fruit salads with our families and ask them to feed back. At school, we will evaluate how successful our products were.



6• Brilliant chefs can evaluate the success of their fruit salad against design criteria

Key vocabulary: Glossary

bridge hold	a way of holding food for chopping	hygiene	keeping clean to stay healthy
claw grip	a way of holding food for chopping	ingredients	the items of food that make up a recipe
chop	cutting food using a knife	nutrition	this is what is in your food and how it affects your body
fruit	the fleshy part of a plant which contains the seeds	recipe	instructions for making food
food	the things that we eat to stay alive	vegetables	the edible roots, buds, leaves or stems of plants