

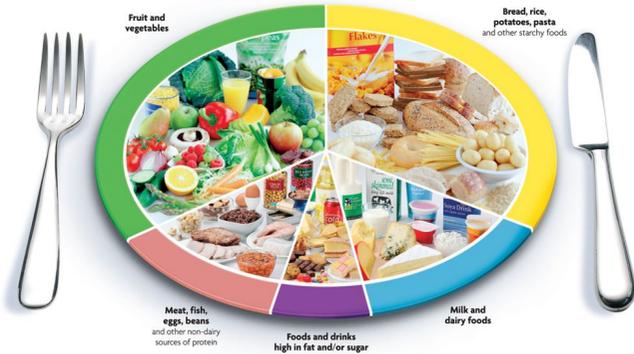
A Fruit Feast

Key People and Events

885 AD	Apples have grown for thousands of years and are well known to Ancient China, Egypt, Greeks and Roman. They have been popular throughout the centuries to the present day.
1947	Alfred Neweczerzal of Davos invented the first peeler.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Key Knowledge and Skills

<b>Fruit/veg grown in the UK</b>	
<b>Peeling</b>	Learn how to peel in the direction away from the body.
<b>Cutting</b>	Know how to use scissors safely.
<b>Grating</b>	Learn how to use a grater independently.
<b>Squeezing</b>	Know how to use a squeezer to extract juice.
<b>Slicing</b>	Know how to use a bridge hold or claw grip to secure items so they can be cut safely.
<b>Hygiene when handling food.</b>	Hands are washed. Hair is tied back. Aprons are worn. Sleeves are rolled up. Any cuts are covered.
<b>Utensil names</b>	Grater, peeler, knife, lemon squeezer, spoon, chopping board.
<b>Sensory vocabulary</b>	Sweet, sour, juicy, crisp, sharp, crunchy.

Key Vocabulary

<b>fruit</b>	Parts of a plant that contain seeds that can be eaten.
<b>vegetable</b>	Parts of a plant that can be eaten.
<b>design criteria</b>	Goals that must be met to make the project successful.
<b>produce</b>	Grow or make a natural product.
<b>harvested</b>	Grathered from crops.
<b>climate</b>	The weather in an area.
<b>utensils</b>	A tool or container.
<b>cut</b>	Make an opening using a tool.
<b>slice</b>	Something cut from a larger potion.
<b>peel</b>	Remove the outer covering or skin from a fruit or vegetable.
<b>grate</b>	Make small shreds of food.
<b>healthy diet</b>	Eating food from a variety of food groups to get the energy and nutrients that your body needs.
<b>hygiene</b>	Things done to stay clean.
<b>ingredients</b>	Food you need to put together a dish or meal.
<b>evaluate</b>	Deciding if you've done something the best way, and looking at what could be improved.