



Year 2

DT - Cooking and Nutrition: Preparing fruit and vegetables

Key Vocabulary

chopping board	A piece of wood or plastic that fruit or vegetables can be cut up on.
edible	Something that is safe to eat.
exotic fruit	Fruit that is grown in a foreign country which is usually hot.
fruit	A plant or tree's seed which can be eaten. An edible seed.
fruit cocktail	Lots of different types of fruit chopped up.
grate	To shred food into small pieces by rubbing it on a grater.
kebab	Cooked and/or fresh food on a wooden or metal skewer (a long, thin stick)
nutrients	The things our bodies need to stay healthy.
pith	The soft, white inside of fruit like oranges.
salad	A cold dish of fresh and/or cooked vegetables or fruit.
sensory evaluation	Evaluating what is good about a food product based on how it looks, tastes, smells and feels as you eat it.
vegetable	An edible plant e.g. peas, carrots, broccoli

Tools we can use to prepare fruit and vegetables



peeler



arater



green
chopping board



iuicer



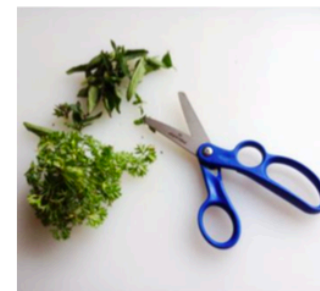
How to stay safe when preparing food.

- Remove all jewellery
- Tie your hair back
- Roll your sleeves up
- Wear an apron
- Wash your hands
- Cover cuts with a blue plaster

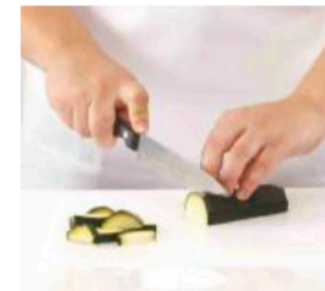
Ways to prepare fruit and vegetables



peeling



cutting



slicing



grating



squeezing

Less common fruits and vegetables

mango



lychee



cabbage



courgette



kiwi fruit



dragon fruit



sweet potato



lettuce

