



**What should I already know?**

- Different **fruits** – apple, banana, orange, strawberries, grapes, melon, pineapple, kiwi
- Different **vegetables** – broccoli, carrots, leeks, turnip, cucumber, cabbage, sweetcorn, peas

**Process**

Design	<ul style="list-style-type: none"> <li>• I can find out what people’s favourite <b>fruits</b> and <b>vegetables</b> are to ensure that my plan is fit for purpose.</li> <li>• I can use my own ideas to design a <b>recipe</b>.</li> <li>• I can make a simple plan with instructions.</li> <li>• I can use my <b>senses</b> to develop my plan.</li> <li>• I can choose <b>healthy</b> foods.</li> <li>• I can make sure that my design is <b>appealing</b>.</li> <li>• I can plan what <b>ingredients</b> I will need.</li> </ul> <input type="checkbox"/>
Make	<ul style="list-style-type: none"> <li>• I can choose appropriate resources and tools.</li> <li>• I can follow the health and safety guidance.</li> <li>• I can follow my design carefully and in a logical order.</li> <li>• I can select correct amounts of <b>ingredients</b>.</li> </ul> <input type="checkbox"/>
Evaluate	<ul style="list-style-type: none"> <li>• Did it taste nice?</li> <li>• Was it colourful and <b>appealing</b>?</li> <li>• Did it include both <b>fruit</b> and <b>vegetables</b>?</li> <li>• Did it look like my design?</li> <li>• What would you change to make it better?</li> <li>• Did you work safely and follow <b>hygiene</b> rules?</li> </ul> <input type="checkbox"/>

**Vocabulary**

appealing	attractive or interest
balanced diet	a varied diet with foods from different <b>food groups</b>
cored	remove the middle of the <b>fruit</b>
diet	foods that a person or animal eat to stay <b>healthy</b>
grated	reduced to small shreds by rubbing on a grater
equipment	resources that they will need
examine	to look carefully
food groups	protein, carbohydrates, fats, dairy and <b>fruit</b> and <b>vegetables</b>
fruit	grown from plants of trees – contains a seed
healthy	things that are good for your health
hygiene	to keep clean and prevent diseases
ingredients	items you need for a <b>recipe</b>
nutrition	food
peeled	to remove the skin
prepare	make something ready to use
recipe	a set of instructions including a list of <b>ingredients</b>
senses	touch, taste, smell, hear and see
vegetables	plant or part of a plant that is used as a food

**Diagrams**

The diagrams illustrate key components for food preparation: a plate of various food groups, a colorful chopping board with a knife, a metal grater, and a collection of fresh fruits and vegetables including lemons, bananas, pears, plums, cherries, apples, oranges, strawberries, lemons, turnips, cabbages, carrots, sweetcorn, pumpkins, sprouts, potatoes, and runner beans.

**Health and Safety/Food skills**

- Tie back long hair.
- Wash your hands.
- Check the dates on the foods.
- Check for any allergies.
- Be careful when using sharp knives.
- Make sure that surfaces are clean.
- Cuts and grazes to be covered.