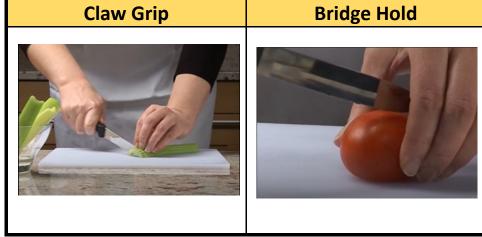
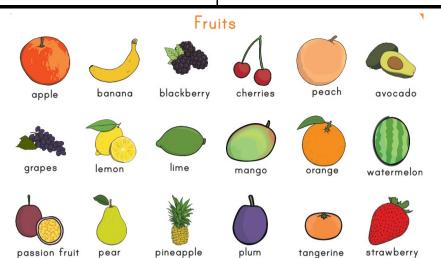
Year 1

DT

Cooking and Nutrition: Preparing Fruit and Vegetables

Knowledge Organiser





Health and Safety

Jewellery is removed

Hair is tied back

Sleeves are rolled up

Aprons are on Hands are washed with blue water-

Cuts are covered proof dressing

Vocabulary		
Fruit	the part of a plant that has seeds and flesh	
Vegetable	a plant or part of a plant that is used for food	
Knife	a tool with a handle and a thin, sharp blade, used for cutting	
Chopping board	a rectangular board used for cutting food	
Flesh	the soft or juicy part beneath the skin of a fruit or vege table	
Skin	the outer covering of some fruits and vegetables	
Seed	the small part of a flowering plant that grows into a new plant	
Pip	a small seed	
Core	the hard center part of certain fruits	
Slicing	to use a knife to cut into or across	
Peeling	to pull, tear, or cut the outer covering from something	
Cutting	to pierce, slice, or open with a sharp tool such as a knife	
Squeezing	to press firmly together or put pressure on	
Ingredients	parts that make up a mixture or recipe	
Planning	the act of working out how to do something ahead of time	
Tasting	to eat a little bit of	
Arranging	to put in some kind of order, pattern, or design	
Design	to plan for a certain goal or purpose	
Evaluate	to study carefully and judge	
Criteria	standards or tests by which to judge or decide	

Sensory vocabulary for tasting fruit:			
Soft	Sweet	Crisp	
Juicy	Sticky	Sour	
Crunchy	Smooth	Hard	
Sharp			