

Year 2	DT	Cooking and Nutrition: Preparing Fruit and Vegetables	<i>Knowledge Organiser</i>
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Different ways of preparing ingredients



Peeling



Cutting



Slicing



Grating



Squeezing

Health and Safety					
Jewellery is removed	Hair is tied back	Sleeves are rolled up	Aprons are on	Hands are washed	Cuts are covered with blue waterproof dressing

Vocabulary	
Coleslaw	a salad usually made of shredded cabbage and a dressing
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 vegetable
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 coleslaw:		
Soft	Sweet	Crisp
Juicy	Sticky	Sour
Crunchy	Smooth	Hard
Sharp	Tangy	