

# Knowledge Organiser Design & Technology Year 1 Summer

## Cooking and Nutrition - Fruit and Vegetables



St Elizabeth's Catholic Primary School  
 "Love one another as I have loved you"

<b>Blender</b>	A machine that mixes ingredients together into a smooth liquid.
<b>Carton</b>	A container made out of card which holds liquid products such as milk and orange juice.
<b>Fruit</b>	The part of a plant that contains seeds.
<b>Healthy</b>	When everything in your body and head feels good.
<b>Ingredients</b>	Items that make up a mixture, for example, foods that make a recipe.
<b>Peel</b>	The tough skin around certain fruits and vegetables, such as oranges.
<b>Peeler</b>	A tool which helps you to remove the tough skin off fruits and vegetables.
<b>Recipe</b>	A set of instructions for making or preparing a food item or dish.
<b>Slice (verb)</b>	To cut pieces off something with a knife.
<b>Smoothie</b>	A combination of fruits and vegetables blended together to make a smooth drink.
<b>Stencil</b>	A shape which you can draw around.
<b>Template</b>	A stencil which you use to help you draw a shape more easily on to different materials.
<b>Vegetable</b>	Parts of plants that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not contain any seeds

### Design ———> Make ———> Evaluate

- Knowledge and skills covered in this topic**
- Children will name a number of fruits and vegetables.
  - Children will determine the difference between fruits and vegetables.
  - Children will identify the parts of a plant we can eat.
  - Children will know that fruits and vegetables grow in one of three places.
  - Children will know how to choose fruit and vegetables for a smoothie based on taste, smell and feel.
  - Children will know how to use a knife and blender safely to create their smoothie.



You should try to eat five portions of fruit and vegetables every day!

