



Design and Technology Knowledge Organiser

Year 1: Summer Term – Food

Preparing Fruit and Vegetables

Design, make and evaluate a smoothie for themselves for pleasure.



Key Knowledge

Learn this information

Is it a fruit or vegetable?

A **fruit** is the sweet and fleshy part of a tree or plant that **contains a seed or seeds**.

A **vegetable** is a plant or part of a plant that is used as food (but does not contain seeds as this is the fruit of the plant).



Where fruit and vegetables grow:

Fruit and vegetables are all plants and grow in three possible places: trees or vines; above the ground; below the ground.



Fruit:

A fruit grows on **trees or vines**. A tomato is an example of a fruit that grows on a vine and an apple is an example of a fruit that grows on a tree.

Vegetables:

Parts of plants that **either grow above or below the ground**.

Above the ground: Lettuce grows above the ground. We eat the leaves of this plant. Celery also grows above the ground. We eat the stem of this plant.



Below the ground: Vegetables which we eat the roots of are grown below the ground. We eat 'root vegetables' such as carrots, potatoes and turnips.

5 a day:

Try to eat 5 portions of fruit and vegetables a day to help you to be healthy.



Key Skills

Practise and perform these skills

Food processing skills:

With supervision, children are helped with the following food processing skills. They need to select the most appropriate skills for their chosen fruit and vegetables.



Peeling



Cutting



Slicing



Grating



Squeezing

Evaluate fruit and vegetables:

Taste a variety of fruit and vegetables. Evaluate their taste, appearance and texture (feel in the mouth). Record their findings and use this to help them to create their own smoothie recipe.



Key Vocabulary

Understand these key words

Vocabulary	Definition
Blender	A machine that mixes ingredients together into a smooth liquid.
Fruit	The sweet and fleshy product of a tree or plant that contains seed and can be eaten as food.
Healthy	When everything in your body and head feels good.
Ingredients	Foods that make a recipe
Nutrients	All the things in food that the body needs to remain healthy.
Peel	The tough skin around certain fruits and vegetables, such as oranges.
Peeler	A tool which helps you to remove the tough skin off fruits and vegetables/
Pith	The soft white lining inside fruit such as oranges.
Sensory Evaluation	Testing of foods where senses are used to give an opinion on qualities such as appearance, smell, taste and texture (mouth feel).
Smoothie	A combination of fruits and vegetables blended together to make a smooth drink.
Vegetable	A plant or part of a plant used as food (and is not a fruit or seed).