



Prior Learning (EYFS)

- Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell.
- Experience of cutting soft fruit and vegetables using appropriate utensils.

1. Can I talk about a range of fruits and healthy food choices?

- **Vocab:** fruit, healthy food, choice, energy, Eatwell Guide
- Know that food gives us energy and that food has an effect on our daily behaviours.
- Know that we need different types of food to have a healthy balanced diet e.g. meats, veg, fruit, potato/rice, etc)
- Know that the Eatwell Guide helps us choose different foods in the right amounts to stay healthy and strong (<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>)

Task: Examine a range of different fruits. Describe through discussion the shapes, colour, feel and taste of the different fruits. Draw and label a fruit kebab, using sensory vocabulary (soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard).

• Technical Knowledge:

- Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of *The Eatwell Guide*
- Know and use technical and sensory vocabulary relevant to the project.

2. Can I understand where fruits come from?

- **Vocab:** fruit, seasons, country,
- Know where fruits are grown i.e. country of origin, ground or trees
- Know about seasonality of fruits.
- Know the book *'The World Came to My Place Today'* Jo Readman and learn about supermarkets selling fruits from around the world.

Task: Matching activity—match fruits/vegetables to different countries. Match if farmed or can be grown at home

- **Technical Knowledge:** Understand where a range of fruit and vegetables come from e.g. farmed or grown at home

3. Can I understand how to use utensils safely and hygienically?

- **Vocab:** utensil, safety, hygiene/hygienically
- Know that we need to wash our hands to eradicate the spread of germs.
- Know the names of instruments used for food preparation and how they work. (graters, peelers, knives)
- Know that some fruit needs peeling others do not.
- Know that we must taste fruit/veg before designing our fruit kebab (next lesson)

Task: Examine a range of graters, peelers and knives and discuss suitability for the job of making a fruit kebab. In a small group with adults, practise safe use of different instruments that are decided upon to be used.

- **Technical Knowledge:** Know and use technical and sensory vocabulary relevant to the project.
- **Evaluating:** Taste and evaluate a range of fruit and vegetables to determine the intended user's preferences.

Food:
Preparing Fruit and Vegetables
'Can I design, make and evaluate a fruit kebab?'



6. Can I evaluate my fruit kebab?

- **Vocab:** fruit kebab, design, make, evaluate
 - Know that we can talk about our fruit kebab and say if it meets the design we drew and the person we made it for.
 - Know that we can think about what was good about our fruit kebab, such as the taste, colours and how it looks.
 - Know that we can suggest improvements to our fruit kebab to make it even better for the user next time.
- Task:** Draw and label a new and improved fruit kebab, using sensory vocabulary (soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard).
- **Evaluating:** Evaluate ideas and finished products against design criteria, including intended user and purpose.

5. Can I make my own fruit kebab?

- **Vocab:** Make, design, utensils, texture,
 - Know that we can use simple tools safely to prepare fruit, just like we planned in our design.
 - Know that we can choose fruits by thinking about the colours, textures and tastes we talked about when designing our kebab.
 - Know that we can follow our drawing and ideas to make our fruit kebab look the way we designed it for our chosen user.
- Task:** Follow a modelled example of peeling/chopping fruit safely. Chop safely using a board and knife.
- **Making:**
 - Use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.
 - Select from a range of fruit and vegetables according to their characteristics e.g. colour, texture and taste to create a chosen product

4. Can I design a fruit kebab?

- **Vocab:** design, idea, fruit kebab, flavour, texture,
- Know that we can design a fruit kebab that looks appealing for a specific person by choosing fruits they like and arranging them carefully.
- Know that we can get ideas for our fruit kebabs by looking at and tasting different fruits and thinking about colours, shapes and flavours.
- Know that we can share our design ideas by talking about them and drawing simple pictures of our fruit kebab.
- **Design:**
 - Design appealing products for a particular user based on simple design criteria.
 - Generate initial ideas and design criteria through investigating a variety of fruit and vegetables.
 - Communicate these ideas through talk and drawings.