

Year 1—DT - Making Fruit Salads

Key Vocabulary	
bake	 Cooking food in an oven
chop	 Cut something into pieces
slice	Cut something into thin pieces
cut	To use a sharp tool to divide something into pieces
fruit	The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

In this unit we will be learning the skills to prepare fruit and create our own fruit salads. We will discuss what we eat at home, different foods we can eat to stay healthy and where foods come from. We will think about how to be sensible while preparing food, and think of some rules to ensure we stay safe. We will start to develop our use of different vocabulary related to cooking and preparing food. This topic is linked to our English topic on the cultural story, Handa's Surprise.

Useful Websites

Healthy Eating— <https://www.bbc.co.uk/bitesize/clips/zrd4d2p>

Quiz— <https://www.educationquizzes.com/ks1/science/staying-healthy-food-balanced-diet/>

Different Fruits & Vegetables —https://classroom.thenational.academy/lessons/to-learn-about-different-fruits-and-vegetables-6rwpct?from_query=different+fruits+and+vegetab



Home activities

- Find out what is in your fridge. Can you sort the foods? You could make a group of vegetables, fruit, meats etc
- Create a menu full of your favourite foods! You will need a starter, main meal and dessert
- With an adult at home, have a go at following a recipe. Here is an easy vegetable soup you could start with! <https://www.bbcgoodfood.com/recipes/versatile-veg-soup>