

DT

# Fruit Salad/Smoothies

Year 2

## What I should already know

- Name a range of different types of fruit.
- Know that you need to eat 5 pieces of fruit or vegetables a day.
- Know that when cooking I need to wash my hands to stop the spread of germs. (EYFS ELG)



## Vocabulary

Pip	A small hard seed in a fruit.
Skin	The peel or outer layer of certain fruits and vegetables.
Flesh	The substance between the pip and the skin.
Carbohydrate	A source of energy that when not burnt off will be stored as fat.
Dairy	Containing or made from milk.
Protein	A component of the eatwell plate that includes meat, fish, bread, nuts and seeds.
Dice	Cut into small cubes.
Sensory Vocabulary	Soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard.

## Technical Knowledge and skills

- Explore and evaluate the taste and appearance of a range of different fruits and smoothies.
- Choose appropriate ingredients to make a fruit salad/smoothie.
- Select and use a range of different appropriate tools to make a fruit salad or smoothie.
- Use the correct techniques to make fruit salads/smoothies ie chopping, cutting, slicing, dicing, squeezing, blending.
- Evaluate a finished product by identifying what they did well and what could be improved.

## Sticky Knowledge

Understand that fruit grows on trees, bushes and vines.

Name the 5 different categories of food. (carbohydrates, dairy, protein, fruit, sugars and fats)

Sort food into the 5 different categories.

Know the key ingredients needed to make a fruit salad/smoothie.