



Design Question

What would you put in your fruit salad?

Key Knowledge

Know where food comes from

- Be able to name some fruits
- Begin to understand that all food comes from plants or animals.

Nutrition

- Understand where some fruits come from- gardens/shops/markets/supermarkets.
- Fruits come in different forms- fresh/ frozen/dried
- Which fruits are grown in England/UK?
- Which come from other countries? Why?

Cooking

- Begin to develop children's peeling and chopping skills such as bridge, claw and fork secure.



bridge cutting



claw cutting



fork secure cutting



peeling skills

Vocabulary

seeds	Seeds are the small parts produced by plants from which new plants grow.	
chop	cut into pieces with repeated sharp blows of a knife.	
peel	remove the outer covering or skin from a fruit	
slice	cut food into slices	
claw	where the fingers are bent into a position that looks like a claw.	
bridge position	Hand, where knuckles of the hand are visible, so forming a bridge across the hand, from one side to the other	
fruit	the sweet and fleshy part of a tree or other plant that contains seed and can be eaten as food.	