

Key Vocabulary

Fruit	The edible part of a flower that has seeds.
Vegetables	Edible part of a plant such as the leaves, stems, roots, flowers or seeds.
Texture	The way something feels when you touch it.
Cut	To use a sharp tool to separate something into pieces.
Peel	To remove the outer layer or skin of something.
Grate	To rub something against a rough surface to break it into smaller pieces.
Chop	Cut something into smaller pieces using a sharp tool.
Hygiene	Keeping something clean and healthy.

SKILLS

- Develop food vocabulary using taste, smell, textures and feel.
- Group familiar food products (e.g vegetables and fruits).
- Explain where food comes from.
- Cut, peel, grate, chop a range of ingredients.
- Work safely and hygienically.
- Understand the need for a variety of foods in a diet.
- Measure and weigh food items, non-statutory measures (e.g - spoons, cups)
- Evaluate creation

EAT WELL PLATE



Jamie Oliver

A British chef who campaigns for children's food and healthy eating.

TECHNIQUES



Peel



Grate



Chop
Cut