



Year 2 – DT: Food – Preparing fruits and vegetables

Brazilian Kale Salad

Key Knowledge	Key Skills	Key Vocabulary (with definitions)	Key Questions
<p>To have experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell.</p> <p>To have experience of cutting soft fruit and vegetables using appropriate utensils.</p> <p>To understand where a range of fruit and vegetables come from e.g. farmed or grown at home.</p> <p>To understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The eatwell plate.</p> <p>To know and use technical and sensory vocabulary relevant to the project.</p>	<p>To design appealing products for a particular user based on simple design criteria.</p> <p>To generate initial ideas and design criteria through investigating a variety of fruit and vegetables.</p> <p>To communicate these ideas through talk and drawings.</p> <p>To use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.</p> <p>To select from a range of fruit and vegetables according to their characteristics e.g. colour, texture and taste to create a chosen product.</p> <p>To taste and evaluate a range of fruit and vegetables to determine the intended user's preferences.</p> <p>To evaluate ideas and finished products against</p>	<p>Brazil: is the largest country in both South America and Latin America.</p> <p>Vegetable: plant used for food.</p> <p>Nutrients: all the things in food that the body needs to remain healthy.</p> <p>Salad: a cold dish of fresh and/or cooked vegetables or fruit.</p> <p>Sensory evaluation: subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste, texture (mouth feel).</p> <p>Slicing: cut (something, especially food) into slices.</p> <p>Peeling: remove the outer covering or skin from (a fruit or vegetable).</p> <p>Cutting: a piece cut off from something, especially what remains when something is being trimmed or prepared.</p> <p>Squeezing: firmly press (something soft or yielding), typically with one's fingers.</p> <p>Grating: to reduce to small particles by rubbing on something rough.</p> <p>Planning: the process of making plans for something.</p> <p>Investigating: to look into carefully and closely so as to learn the facts.</p>	<p>When investigating:</p> <p>What is this called?</p> <p>Who has eaten this fruit/vegetable before?</p> <p>Where is it grown?</p> <p>When can it be harvested?</p> <p>What are its taste, smell, texture and appearance?</p> <p>What will it look like if we peel it or cut it in half?</p> <p>What are the different parts called?</p> <p>What words can we use to describe the shape, feel, colour, taste?</p> <p>What do you prefer and why?</p> <p>When making:</p> <p>What should we do before we work with food? Why?</p> <p>Why is following instructions important?</p> <p>Which parts do we eat? What might we have to do before eating this?</p>



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The 5 main food groups (Eatwell plate):

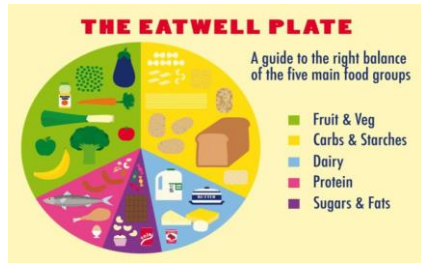
Fruit and vegetables

Carbohydrates

Protein

Dairy

Fats (including oils and sugar)



design criteria, including intended user and purpose.

Curly kale
Red cabbage
Carrots
Avocado
Cherry tomatoes
Extra virgin oil
Balsamic vinegar
Chopping board
Knife
Grater
Peeler
Juicer
Spoon
Mixing bowl
Soft
Juicy
Crunchy
Sweet
Sticky
Smooth
Sharp

Crisp
Sour
Hard
Flesh
Skin
Seed
Pip
Care

Healthy Diet
Choosing Ingredients
Planning
Investigating
Tasting
Arranging
Design
Evaluate

Why do we cut, grate, peel and slice in this way?

Why is it good to eat fruit and vegetables?

How many pieces of fruit/vegetables do you eat per day?

Why is it important to wash fruit/vegetables before we eat them?

Who/what is the product for?
What will make our product unique/different? How will we know that we designed and made a successful product?

What will you need? What fruit/vegetable will you need? How much will you need? How will you present the product?



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Outcome: Brazilian Kale Salad

Teaching aids to demonstrate food processing skills



Peeling



Cutting



Slicing



Grating



Squeezing



Useful links:

<https://realfood.tesco.com/recipes/brazilian-kale-salad.html>

<https://delishably.com/fruits/10-Fruits-Unique-to-Brazil>

<https://www.youtube.com/watch?v=ID947u8KicI>

<http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx>

www.foodfactoflife.org.uk