Fruit and Vegetables

DESIGN AND TECHNOLOGY
Food- Year 1
Autumn Term

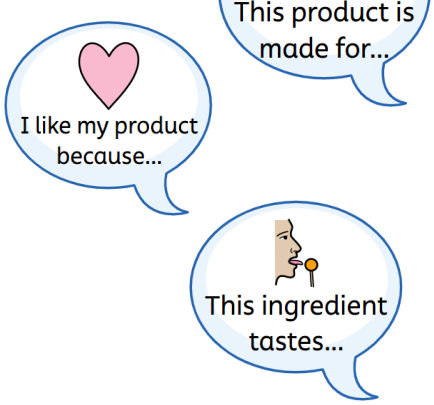
Overview

Fruit and vegetables are an important part of our diet and help us to remain healthy. In this unit, we will learn to describe fruits and vegetables and explain why they are a fruit or a vegetable. We will learn the range of places that fruits and vegetables grow and which parts of the plants we eat. After tasting different fruits and vegetables, we will decide which to include in our own smoothies and then make them.

Key Information







Vocabulary

cut	cut – to use a knife to make something smaller
fruit	fruit – the part of a plant that has the seeds in it
ingredients	ingredients – the foods needed to make a recipe
juice	juice – to get the juice out of a fruit or vegetable
juicer	juicer – something used to get juice from a fruit
leaf	leaf – the flat green part of a plant that grows from a branch or stem
root	root – part of a plant that takes water and other things from the soil
seed	seed – new plants grow from it
stem	stem – the long, thin part of a plant that holds it up
table knife	table knife – a tool used for cutting
vegetable	vegetable – any part of a plant that you can eat