

Design & Technology Knowledge Organiser

Year one—Preparing fruit and vegetables

Hygiene – some key pointers

- Jewellery is removed
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- Hands are washed
- Cuts are covered with blue waterproof dressing



Peeling



Cutting



Slicing



Grating



Squeezing

Links to prior learning

Suggested tools: knives, forks, and spoon.

To eat independently using a knife and fork.




To be able to talk about the effects of eating healthy foods including our fruit.



Key words

fruit and vegetable names, names of equipment and utensils sensory vocabulary e.g. soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard flesh, skin, seed, pip, core, slicing, peeling, cutting, squeezing, healthy diet, choosing, ingredients, planning, investigating tasting, arranging, popular, design, evaluate, criteria

Food Processing Equipment

Utensil	Food	Effect	Mouth feel
Juicer 	Orange	Makes juice	Liquid
Peeler 	Apple	Unpeeled apple	Crunchy
Knife 	Carrot	Thin rings	Crispy hard