

COOKING & NUTRITION: FRUIT KEBABS

Design, make and evaluate a fruit kebab (**product**) for a Year 1 pupil (**user**) for the school Harvest Festival service (**purpose**).

Key Focus: Preparing Fruit and Vegetables



KEY KNOWLEDGE AND SKILLS

- Understand where a range of fruit come from e.g. locally grown or from another part of the world.
- Understand and use basic principles of a healthy and varied diet to prepare dishes, including that fruits are part of *The Eatwell Plate*.
- Know that all food comes from plants or animals.
- Know that everyone should eat at least five portions of fruit and vegetables every day.
- Know how to prepare simple dishes safely and hygienically, without using a heat source.
- Know how to use techniques such as cutting and slicing.

RELEVANT PRIOR LEARNING / UNITS

- REC: Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell.
- REC: Experience of cutting soft fruit and vegetables using appropriate utensils.

NAME: _____