CBS Knowledge Organiser

Year: 1

DT - Food Technology

What I already know

- Some foods are healthy and others unhealthy.
- Fruit is a healthy food.
- Different fruits available to us including: apples, bananas, raisins, pears, strawberries, cherries, blueberries, raspberries, mangoes, kiwis, oranges, etc.

New information/knowledge

- Everyone should eat at least five portions of fruit and vegetables every day as part of a healthy diet.
- Fruits are plants that are grown.
- Fruits need to be prepared through washing, peeling, and chopping.
- Fruits have varied tastes such as sweet, bitter and sour.
- Fruits contain seeds and are part of your 5 a day.

Overview of unit:

Children will begin by identifying and naming different fruits that could be found in a fruit salad. Children will then have the opportunity to taste test some different fruits and describe the taste and texture. Children will also develop their basic cutting skills and begin to grow their independence in the kitchen. Children will then design, make and evaluate their very own fruit salads - yum!









Key Vocab

Word	Definition
Chop	To cut something into pieces.
Fruit	The sweet and fleshy part of a tree or other plant that contains seeds and can be eaten as food.
Healthy food	Food that will help your body have good nutrition.
Peel	To pull or strip off the outer covering of something
Unhealthy food	Food that we should not eat all the time.

Health & Safety

- Using a knife safely



- Hand washing

