

## Willerby Carr Lane Primary School – Design and Technology

**Topic: Fantastic fruit salads**

**Year: 1**

**Strand: Food**

### What should I already know?

- Some names of fruit
- Explain where some fruits are grown eg apples on a tree

### What will I know / be able to do by the end of the unit?

Starting points	Oliver's Fruit Salad Explain where some fruits come from
What makes a 'good' fruit salad	<ul style="list-style-type: none"> <li>• It appeals to a range of senses</li> <li>• It looks visually attractive</li> <li>• It is tasty</li> <li>• It contains fruit that lots of people like</li> <li>• The texture is juicy and crunchy</li> <li>• The fruit is prepared in edible chunks or pieces</li> </ul>
How can you safely prepare fruit with a knife?	<ul style="list-style-type: none"> <li>• Use a chopping board and make sure the fruit is flat on the board.</li> <li>• Use the techniques such as the claw and the bridge to cut safely.</li> </ul>
Where do different fruits come from?	<ul style="list-style-type: none"> <li>• Some fruits such as apples, pears, strawberries, grapes, raspberries are grown in the UK. Fruits such as melons, bananas, pineapples and kiwi fruit are grown in other countries around the world where the weather is hotter.</li> <li>• In our school gardening area/ orchard we grow: strawberries, gooseberries, raspberries, apples and pears.</li> </ul>
How do you prepare food hygienically to stop the spread of germs?	<ul style="list-style-type: none"> <li>• Follow food hygiene rules.</li> <li>• Wash hands with warm soapy water to kill germs.</li> <li>• Wear a clean apron and tie long hair back.</li> <li>• Make sure that the food preparation area has been wiped and cleaned.</li> <li>• Tie long hair back.</li> </ul>
Why is it important to eat fruit regularly in your diet?	<ul style="list-style-type: none"> <li>• They give you energy and help you to stay fit and well.</li> <li>• They contain vitamins that are good for your eyes and brain.</li> <li>• They are low in fat so are healthier than snacks such as biscuits and cakes.</li> </ul>

### Vocabulary

#### Designing

appearance	the way the fruit looks before and after preparation
taste	the sweet, sour, bitter or salty quality of a thing that you can sense in your mouth
texture	the physical feel of something when you are eating it

#### Making

bridge cutting hold	create a bridge shape over your fruit with your hand to steady the fruit while cutting.
claw cutting hold	a way to hold the fruit with a hand like a claw to steady the fruit and to cut carefully.
combine	to mix two or more different foods together
germs	small things that can't be seen that can make you poorly
peel	it is the rind or outer layer of fruit, an example of a peel is the yellow outer skin of a banana
slice	a thin, flat piece cut from something
UK	the United Kingdom of great Britain is made up of 4 different countries: England, Wales, Scotland and Northern Ireland
vegetable plot	an area outside that is specifically for growing fruit and vegetables.
warmer countries	hotter countries have only two seasons instead of four. they have wet and dry making it warmer to grow different kind of fruit.

#### Knowledge and Understanding

healthy diet	eating a variety of foods that give you the nutrients you need to feel good and healthy
hygiene	anything you do to help keep things healthy and clean

### Key Design Decisions & Skills

- Name different types of fruit and discuss favourites and why?
- Research where fruit grows in the UK and more locally in our school vegetable plot
- To know that some fruit is grown outside of the UK in warmer climates.
- As part of their research and evaluation, children describe fruit considering texture, appearance and taste.
- Design a tasty fruit salad that contains at least 3 fruit that could be selected by our school cook and then served during school dinners in the salad trolley.
- Use a knife safely on a chopping board to cut and slice.
- Peel, cut and combine ingredients to make a fruit salad
- Prepare food knowing the importance of following hygiene rules such as washing their hands, wearing an apron and tying long hair back

### Tools and Resources

- Safe knife
- Chopping board
- Design planning sheets
- A selection of fruit
- Serving bowls
- Serving spoon
- Tea spoon
- Evaluation sheet
- Aprons
- Mixing bowl
- Oliver's Fruit Salad book

### Pictures

#### The Claw

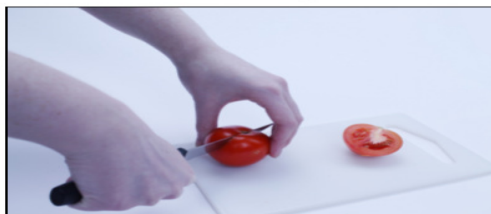


**Method:** Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.

**Safety:** This method ensures that finger tips are tucked out of the way and will not get caught by the knife.

**Tips:** To help you remember this method think about creating a claw, gripping food and tipping the hand, claw, grip, tip, cut.

#### The Bridge








**Method:** Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.

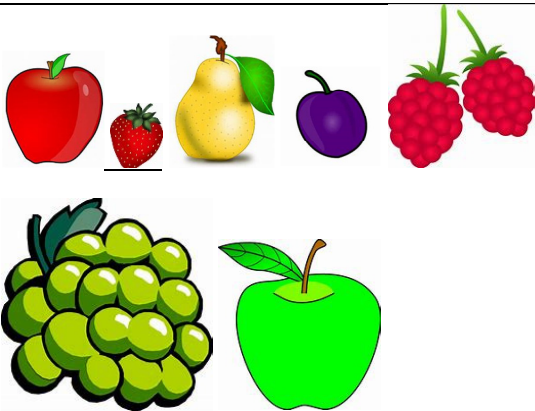
**Safety:** This method ensures that fingers are out of the way as the knife cuts through the food.

**Tips:** To help you remember this method, you might like to think of the knife as a train which goes under the bridge and through the tunnel.

**Use:** This method is especially useful for cutting circular items into halves and quarters, e.g. tomatoes, apples.

	 <p>shutterstock.com • 601666253</p>	
<p>Wear an apron</p>	<p>Tie long hair back</p>	<p>Wash your hands with soapy water</p>
		
<p>Cut using a knife on a chopping board</p>	<p>Clean food preparation areas</p>	

Fruits grown in the UK



Fruits grown in warmer climates

