



DT: Fruit Salad Food Technology

Knowledge and skills  
Enhances and empowers  
You to Succeed

Cronton CE Primary School

Keys to Success

AUTUMN TERM



Knowledge



Vocabulary

A balanced diet means choosing foods in the right amounts from each of the food groups.

The skin of a fruit may be thin, tough, or hard. Its insides are often sweet and juicy.

Some fruits, including nuts, are dry. Some parts of some fruits cannot be eaten and have to be removed. This is called peeling. You can squeeze juice out of some fruits using a juicer and drink it.

Vitamin means 'vital for life'. Vitamins and minerals in foods and are very important for keeping our bodies healthy.

Fruit salad is various kinds of fruit, sometimes served in juice or syrup. Hands must be washed before you touch any food. Fruits should also be washed.

Different tools can be used to prepare fruit in different ways. They need to be held correctly and there is a safe way to use them.



### Making Vocabulary

Slice - to cut into thin flat pieces

Mash - made soft by beating/crushing

Cube/chunk - means to cut into cube shapes/pieces

Mix - stir ingredients together.

Measure- use comparison to make sure pieces of fruit are roughly the same size. Use a spoon to measure out juice.



### Fruit Vocabulary. fruit names

**Skin** - the outer layer of a fruit.

**Pip** - a small fruit seed inside the fruit.

**Seed** - the small parts produced by plants from which new plants grow.

**Flesh** - the soft part of fruit we eat.

**Pith**-white part of the inside of fruit's skin.

**Colour** - red, orange green etc.

**Taste:** how something tastes on the tongue: sweet, sour, bitter, tangy, sharp

**Texture**- what something looks like or feels like inside the mouth:

### Technical Vocabulary

**Diet** - what you eat.

**Blade** - the cutting part of a knife.

**Bridge hold** -cutting something safely by making a bridge with your holding hand.

**Five a day** - how many portions of fruit and veg you should eat in a day.

**Handle** - the part of a tool you hold in your hand.

**Healthy** - being fit and well.

**Juicer** - a tool to squeeze the juice out of a fruit.

**Prong** - the part of a fork that you stick into the food.

**Vitamin** - something in some foods that our body needs to work properly.

