


Year 1 Autumn 1

DT Food Fruit & Vegetables

Key Skills

1. To distinguish fruits from vegetables by categorising and sorting. 
2. To be able to explain how fruits and vegetables grow (from seeds, on plants, vines or trees, above or underground).
3. To explore the smell and taste of fruits and vegetables. To make a selection for a smoothies based on preferences.
4. To make a smoothies using the taught techniques and equipment.
5. To design packaging to reflect the ingredients.

Vocab/Key Words

Blender: a piece of equipment used to blend ingredients into a smooth liquid.
Carton: a container used to store juice or milk.
Fruit: the part of the plant that contains seeds.
Ingredients: items that make a mixture. For example, the items used in a recipe.
Peel: the tough skin found around certain fruits or vegetables, such as an orange.
Peeler: a tool that helps you to remove the tough peel/skin from certain fruits and vegetables.
Recipe: a set of instructions for preparing a meal or food item.
Smoothie: a drink made from fruits and vegetables that is made smooth.
Vegetable: the part of a plant that people eat. Vegetables do not contain seeds. They are the leaves, stems and roots of plants.



Respect, Believe, Achieve

Key Knowledge

You should eat 5 portions of fruit and vegetables a day.

Fruit have seeds. Vegetables do not.

We eat the fruit of plants, the stems, the roots and the leaves.

Fruit and vegetables start out as seeds. They grow as plants, on vines, as trees and can grow under or over the ground.

Fruit and vegetables have different tastes and smells.

Some have peels that need to be removed.



Previous Learning

- ◆ Hungry Caterpillar – distinguishing and naming fruit/veg. Talking about balanced diets. (Year R)
- ◆ Fruit flying saucers - selecting and preparing fruit to make a healthy snack (Year R)

Websites/Signposting/Connection to a famous person

[‘Deliciously Ella’ is a brand based on Ella Woodward. She now has many cookbooks, delis and even products in your local grocery store. Look at her smoothies and her packaging!](#)

What I will know/be able to do by the end

- I can sort fruit and vegetables, naming them talking about how they grow.
- I can talk about which parts of the plants we eat.
- I can express preferences for the taste and smells of certain fruits and vegetables.
- I can make a simple smoothies by selecting and preparing the ingredients myself.
- I can talk about how to keep healthy by eating 5 portions of fruit and veg a day.
- I can design packaging for my smoothies by using simple stencilling, drawing and cutting techniques.