



Key facts to learn:

- Topic – South Africa
 - Fruit and vegetables that originate from South Africa
 - How to make a smoothie
 - Design , make, evaluate smoothies
 - How to chop fruit and vegetables safely
 - Packaging of fruit and vegetables

Key skills to do:

- Chopping fruit and vegetables safely to make a smoothie
- Identifying if a food is a fruit or a vegetable
- Learning where and how fruits and vegetables grow
- Tasting and evaluating different food combinations
- Describing appearance, smell and taste
- Suggesting information to be included on packaging
- Understanding the difference between fruits and vegetables
- Describing and grouping fruits by texture and taste

Words to know and spell (Tier 2 Vocabulary)

Fruit	Vegetables	Make
Design	Chop	Safe
Grow	Smell	Taste



Year 1 Tigers – Cooking and Nutrition

Words to understand and spell (Tier 3 Vocabulary)

Packaging	Materials used to wrap goods
Smoothie	A thick, smooth drink made of fresh fruit/veg using milk or yogurt
Identify	To indicate what something is
Texture	The feel or appearance of something
Describe	Give a detailed account in words
Appearance	The way in which something looks
Difference	The way in which things are not similar
Grouping	The act of putting things into groups
Evaluate	To form an idea and assess
Safely	A way in which form protection from danger
Food miles	Transport and distance food has travelled

Concept check questions. Test yourself:

Which fruits and vegetables come from South Africa?

Can you name 4 different fruits?

Can you name 4 different vegetables?

Can you describe a fruit or a vegetables appearance?

How would you chop fruit or vegetables safely?