

Mexborough St Johns DT Knowledge Organiser: Food and Nutrition- Fruit Salad Y1

Types of Preparing:

Chopping



Grating



Slicing



Squeezing



Peeling



Vocab:

Bridge method: Making a bridge with your fingers to hold food so that you can safely cut in between.

Chop: To cut in to chunks.

Slice: To cut in to thin discs.

Squeeze: To press fruit to release its juice.

Grate: Shred food in to small parts.

Peel: To remove the outer layer of skin or covering.

Texture: How something feels or looks.

Fruit: Sweet foods which grow on trees or plants and have pips.

Nutrients: A substance that provides nourishment essential to maintain life.

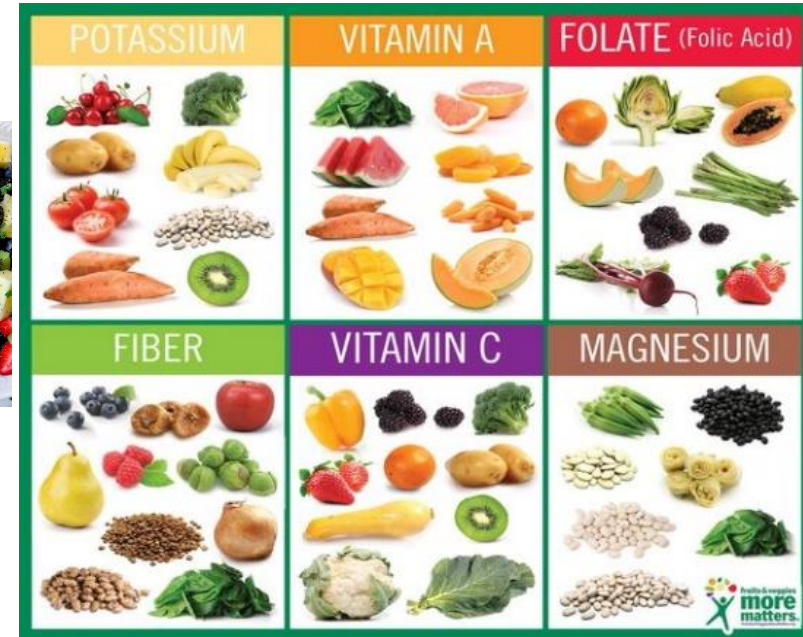
Balanced diet: A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good

Nutrition:

Salads are incredibly healthy for you and you should always aim to eat at least 5 fruit and/or vegetables per day. A fruit salad is a great way of doing this.

Different fruits have different nutritional values and amounts of healthy vitamins and minerals in them that boost your immune system, keep your heart healthy, provide you with energy and keeps your digestive system healthy.

Just be careful, fruit can have a lot of natural sugars which can be bad for you, if you eat too much.



Mentionable Information:

Fruit salad has a rich history that dates back to ancient Greeks. It is thought that the ancient Greeks and Romans both mixed various fruits as part of a meal.

Fruit salads that are made up of combinations of different fresh, dried, candied or sugared, and stewed fruits or vegetables. This type of fruit salad originated from the ancient times.

