

Cooking and Nutrition

In Year 1 you will make smoothies



In Year 1 we will:

- 1) Chop and juice fruits safely to make a smoothie.
- 2) Taste and evaluate different food combinations.
- 3) Describe appearance, smell and taste.
- 4) Compare own smoothie with someone else's.
- 5) Design a smoothie carton packaging by hand.
- 6) Know that a blender is a machine which mixes ingredients together into a smooth liquid.
- 7) Know that a fruit has seeds.
- 8) Know that vegetables can grow either above or below ground.

Key Vocabulary from Year 1:

cut = to use a knife to make something smaller

table knife = a tool used for cutting

fruit = the part of a plant that has seeds in

vegetable = any part of a plant that you can eat

ingredients = the foods needed to make a recipe

root = part of a plant that takes water and other things from the soil

leaf = the flat green part of a plant that grows from a branch or stem

seed = new plants grow from it

stem = the long, thin part of a plant that holds it up