


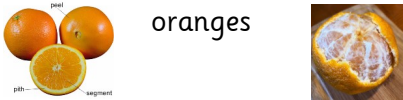
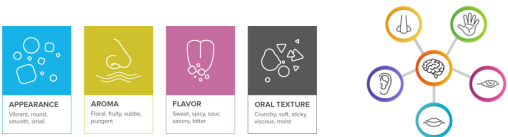


Year 2 Food Knowledge Organiser

Glossary	Meaning
Fruit	A plant or tree's edible seed with envelope 
Vegetable	A plant used for food 
Nutrients	All the things in food that the body needs to remain healthy 
Pith	The soft white lining inside fruit such as oranges 
Sensory Evaluation	Testing foods thinking about how you feel about the look, smell, taste and texture (mouth feel) 



Peeling



Cutting



Slicing



Grating



Squeezing

Hygiene - some key pointers

- Jewellery is removed
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- Hands are washed
- Cuts are covered with blue waterproof dressing



Further information from www.foodfactoflife.org.uk

Fruit Smoothies Recipe

apple and pear

Ingredients:

2 apples, chopped
1 banana, broken into chunks
2 pears, chopped
225ml apple juice
5 to 8 ice cubes

Equipment:




blender

Instructions

1. Put the apples, bananas and pears in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.

Serves: 4



Food Processing Equipment			
Utensil	Food	Effect	Mouth feel
	Orange	Makes juice	Liquid
	Apple	Unpeeled apple	Crunchy
	Carrot	Thin rings	Crispy hard