# Radcliffe Primary School Knowledge Mat

# DT - Food Technology Healthy Eating

## Subject Specific Vocabulary

| | |
|---|---|
| fruit | Plant or trees edible seed with envelope |
| nutrients | All the things in food that the body needs to be healthy. |
| pith | The soft white lining inside fruit such as oranges.. |
| salad | A cold dish of fresh vegetable or fruit. |
| prepare | Make something ready for use. |
| flesh | The soft inside part of the fruit or vegetable. |
| knife | a tool used for cutting, chopping or slicing. |
| peeler | a tool used for removing the outer skin of fruit or vegetables. |
| raw | food which has not been cooked |
| grate | shred food into small parts. |



Peeling



Cutting



Slicing



Grating



Squeezing




## Sticky Knowledge

I can describe how food ingredients come together

I can weigh out ingredients and follow a given recipe to create a dish

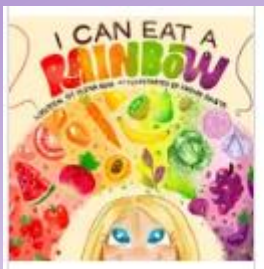
I know why a model has or has not been successful

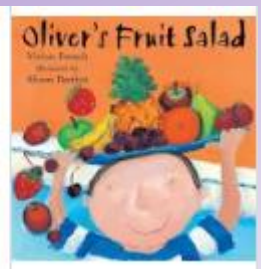
I can talk about which food is healthy and which food is not

I know when food is ready for harvesting

I can plan and make my own recipe

## Recommended reads




## Useful information

- Fruit salad is a mixture of different fruits mixed with juice or syrup.
- Good hygiene is important to make sure germs do not spread. Remember to tie back long hair, wash your hands and wear an apron.
- Fruit salad is often served as a healthy dessert.