



The Project Title

Design, make and evaluate a fruit kebabs for yourself for a healthy snack in a lunchbox.

What should I already know?

- Tasted fruits and vegetables.
- Cut some foods.

Powerful Knowledge

- Handle, smell and taste fruit
- Describe fruit through talking and drawing
- Evaluate fruit and make preferences
- Use basic food hygiene and utensils
- Discuss healthy eating advice
- Explain where fruit is farmed and grown
- Plan, make and evaluate fruit kebab

Vocabulary

fruit

A part of a plant that contains seeds. Fruit usually tastes sweet.



healthy

To be healthy means to not be sick.



diet

What a person eats.



nutrients

All the things in food that the body needs to remain healthy.



Useful Diagrams



Peeling



Cutting



Slicing



Grating



Squeezing

