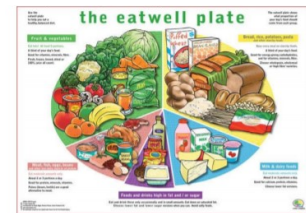


Real life examples

- The eatwell plate shows the amount of each of the 5 different food types we should eat for a balanced diet.
- We need to eat lots of fruits and vegetables






- One way to make sure we eat lots of fruit and vegetables is to make a fruit salad. Fruit salads can come in lots of different shapes and with lots of different fruits. You can choose which fruits that you enjoy to put in your fruit salad.

- It is important to follow hygiene rules when cooking to that you stay safe. The rules we should follow include making sure:

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



Vocabulary:

cutting	to pierce, slice, or open something	
hygiene	the practice of keeping clean to stay healthy	
improve	to make something better	
measuring	finding the exact size, weight, or amount	
nutrients	all the things in food that the body needs to be healthy.	
safety	things that help us stay safe from danger	
sensory evaluation	testing of foods where senses are used to evaluate it such as appearance, smell, taste, texture	
taste	to experience and recognize the flavour of something when it is put in your mouth	
texture	how something feels or looks	

Steps to Success

- Designing: What fruits do the person that will eat the fruit salad like? What shapes are you going to cut your fruit into? How much of each fruit will you need? What equipment will you need to make your fruit salad?

- Making: What techniques will you need to use?

Peeling



Cutting



Slicing



- Evaluating: Does the person like the fruit salad? What do they like the most? What could you do to improve it next time?

Golden Threads

User	who the product is for
Purpose	the job your product is supposed to do
Design Decisions	making choices about your design