

PREPARING FRUIT (FRUIT SALAD) – Y1 AND Y2 DESIGN TECHNOLOGY

Key Vocabulary

Peel	Remove the outer covering or skin from (a fruit or vegetable)
Grate	Reduce (food) to small shreds by rubbing it on a grater
Slice	Cut (something, especially food) into slices
Wash	To clean and remove any dirt (to make it safe to eat)
Squeeze	To squash gently to push out liquid inside



There are many different fruits to try!

Fruit and vegetables are an important part of our diet. They help us to stay healthy!



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2018

Squeeze	Wash	Slice	Peel	Grate
				