

Unit hub



Intended outcome of the unit

Describe fruits and vegetables and explain why they are a fruit or a vegetable.

Name a range of places that fruits and vegetables grow.

Describe basic characteristics of fruit and vegetables.

Prepare fruits and vegetables to make a smoothie.

Key Vocab

fruit
vegetable
seed
leaf
root
stem
smoothie

healthy
carton
design
flavour
peel
slice

Unit specific links:



[Assessment D&T Y1: Fruit and vegetables](#)

[Knowledge organiser](#)

Week

[Lesson 1: Fruit or vegetable?](#)

To identify if a food is a fruit or a vegetable

Week

[Lesson 2: Where fruit and vegetables grow](#)

To identify where plants grow and which parts we eat

Week

[Lesson 3: Smoothie ingredients tasting](#)

To taste and compare fruit and vegetables

Week

[Lesson 4: Making smoothies](#)

To make a fruit and vegetable smoothie

Suggested Next Steps

[Cooking and nutrition: A balanced diet](#)