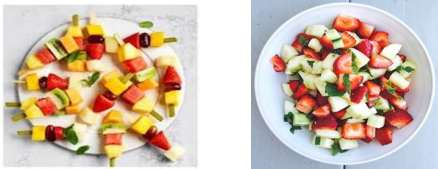


<u>Unit</u>	Perfect Picnic
<u>Outcome</u>	To prepare a healthy picnic using seasonal fruit and vegetables 
<u>Potential Resources</u>	carrots; bananas; strawberries; cucumbers; apples; grapes; disposable cups; paper plates; chopping boards; knife; peeler

Background

A picnic is a social gathering where attendees bring food.

It was originally a 17th Century French word, 'pique-nique'. The French piquer may have referred to a leisurely style of style of eating ('pick at your food') or it may have simply meant 'pick'.



Technical Knowledge

- Understand where a range of fruit and vegetables come from e.g. farmed or grown at home.
- Know how to use appropriate equipment and utensils to prepare and combine food.
- Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The Eatwell Plate.
- Know and use technical and sensory vocabulary relevant to the project.

The Bridge



The Claw



The Fork Secure



Key Vocabulary

fruit	the part of a plant that contains seeds
vegetable	parts of plants that can be eaten by people as food, such as leaves, roots or stems
ingredients	items that make up a mixture, for example, foods that make a recipe
healthy	when everything in your body and head feels good
slice	to cut pieces off something with a knife
peel	the tough skin around certain fruit and vegetables such as an orange
peeler	a tool that helps you remove the tough skin off fruit and vegetables

Health & Safety

Wash all utensils, food and hands before preparing and eating.

Children peel away from themselves if using a peeler.

Standard metal-bladed scissors can be used instead of knives.