

Year 1 Design and Technology- Fruit Smoothies

Cooking and nutrition - Smoothies

Vocabulary

cut	To use a knife to make something smaller.
fruit	The part of a plant that has the seeds in.
Ingredients	The foods needed to make a recipe.
juice	To get the juice out of a fruit or vegetable.
juicer	Something used to get juice from a fruit.
leaf	The flat green part of a plant that grows from a branch or stem.
root	Part of a plant that takes water and other things from the soil.
seed	New plants grow from it.
stem	The long, thin part of a plant that holds it up.
table knife	A tool used for cutting.
vegetable	Any part of a plant that you can eat.

Skills



Key facts

fruits



strawberries



grapes



bananas

vegetables



potatoes



spinach



carrots



Fruits and vegetables are an important part of a balanced diet.