



Year 1 – Fruit Kebabs
Food Technology

Health and Safety
Wash all utensils, fruit and hands before preparing and eating.

Key vocabulary and key information	
Flat surface down:	Make sure that the food being cut has a flat surface face down on the chopping board so it is stable while being cut.
Peeling:	Teach children to peel away from themselves while using a peeler. With long foods such as carrots they should hold one end and peel from the middle away from themselves and then hold the peeled end and repeat the same process.
Grating:	You can use a multi-purpose grater which has a suction facility to stick it to the table. You can also use other types of grater but be very careful of little fingers. When grating, remember, you do not have to grate every bit of the food. It is best to leave a small chunk at the end to hang on to. This means that fingers are not pressed against the grater.
Scissors:	Kitchen scissors can sometimes be a useful alternative to a knife, especially if children are quite young. Scissors are often useful to cut up ingredients such as cooked bacon, herbs and spring onions. Choose standard metal-bladed nursery scissors and keep them only for food use in the kitchen.
Kebab	A selection of ingredients pushed onto a stick. <i>Be careful!</i>
Fruit	<p>Fruit Word Mat</p> <p>The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.</p>



The Bridge



The Claw



The Fork Secure

Books to inspire:

