

# Year 10 – Fruit and Vegetables

## What are we learning about?

You will learn about fruit and vegetables and everything about them. Types, how they're grown, how they're cooked and preserved.

## Why are we learning about it?

Fruit and vegetables are so important in the diet. They are full of a range of nutrients and contribute to a healthy diet. To enable you add fruit and vegetables to your diet and dishes, you need to be able to choose the correct ingredients for their purpose.

## What new **KNOWLEDGE** will I gain?

- Where fruit and vegetables come from, how they are grown and types.
- The advantages and disadvantages of organic products.
- The primary and secondary processes fruit and vegetables go through.
- The different ways to preserve fruit and vegetables.
- What is oxidisation and enzymic browning of fruit.
- The different health and safety points relating to fruit and vegetables.
- The nutrients found in fruit and vegetables.
- The suitable cooking methods for different vegetable.

## How does this build on the **KNOWLEDGE** I already have?

In Year 9 and at the start of this year you learnt about nutrients, you will be able to identify more sources of specific nutrients to adapt recipes. You will now learn how to prepare and cook vegetable to retain their nutrients.

## What new **SKILLS** will I develop?

- Appropriate cooking methods relating to fruit and vegetables.
- New preparation and knife skills so you can present your food with precision.
- Adapting recipes.

## How does this build on the **SKILLS** I already have?

You have not been asked to ensure all of your ingredients have been prepared with consideration for the final presentation of the dish. You have used knives but maybe not with precision.



Fruit Salad  
Fajitas  
Fruit Filled Swiss Roll  
Vegetable Stir Fry

