

Common Misconceptions

* Some foods that we call vegetables are actually fruits.

* The fruit of a plant is the part that contains the seeds.



* So foods like tomatoes, cucumbers and peppers are fruits not vegetables because they contain seeds.



Important content to support you with this unit

You should eat a minimum of five portions of fruit and vegetables every day.



Here are some different ways that we can get food ready to be eaten:

* **Slicing:** cutting food into thin pieces.



* **Mixing:** putting ingredients together using a spoon, whisk or blender.



Knowledge Vocabulary

Blender



A machine that mixes ingredients together into a smooth liquid.

Carton



A container made out of card which holds liquids such as milk and juice.

Fruit



The part of a plant that contains seeds.

Ingredients



The foods that make up a recipe e.g., eggs and flour are used to make a cake.

Peel (verb)



To remove the tough skin off fruits and vegetables.

Peeler



A tool that helps you to remove the skin from fruits and vegetables.

Recipe



A set of instructions for making a food item or dish.

Slice (verb)



To cut food into thin pieces using a knife.

Vegetables



Parts of a plant that can be eaten. The parts may be the leaves, roots or stem. Vegetables do not contain seeds.

Examples of fruits and vegetables



Apples



Bananas



Oranges



Broccoli



Carrots



Potatoes