


## Food Knowledge Organiser Year 7. Fruit and Vegetables

Subject/Topic: Fruit and Vegetables	Subject/Topic: Incorporating fruit and vegetables into recipes
<p><b>Key ideas:</b></p> <p>Eating loads of fruit and vegetables - 10 portions a day – may give us longer lives, say researchers. The study, by Imperial College London has estimated that eating ten portions a day could help up to eight million people a year live longer lives.</p>	<p><b>Key ideas:</b></p> <p>To become aware of how easily fruits and vegetables can be included in recipes. Fruits and vegetables add colour, flavour and texture to lots of dishes from snacks to main meals and delicious desserts.</p>
<p><b>Keywords</b></p> <p>A portion – counts as 80g (3oz) of fruit and vegetables – the equivalent of a small banana, a pear or three heaped tablespoons of spinach or peas. Rainbow of colours – we should have a variety of different coloured fruit and vegetables to supply a wide range of nutrients, particularly vitamins and minerals. Nutrients from vegetables – B group vitamins, vitamin C and Fibre. Green vegetables also supply us with iron and calcium. Fruit – contains a variety of vitamins and minerals depending on the type but most are rich in vitamin C and fibre. Variety of forms – fruits and vegetables can be preserved in a variety of ways e.g. dried, frozen, canned etc and these all count too.</p>	<p><b>Keywords</b></p> <p>Creative ways to use them – most fruits and vegetables can be grated, chopped, mashed, pureed and some can even be piped!</p> 
<p><b>Tasks: Devise a menu for a day which would supply ten fruits and vegetables.</b></p>	<p><b>Tasks: Complete the following questions below:</b></p>
<ol style="list-style-type: none"> <li>1. It must be made up of the three main meals, snacks and drinks</li> <li>2. It should be tasty, colourful and suitable for you.</li> </ol>	<ol style="list-style-type: none"> <li>1. Find out the fruit or vegetable which contains:             <ol style="list-style-type: none"> <li>a. the most Vitamin C</li> <li>b. the most fibre.</li> <li>C. has the highest iron content.</li> <li>d. the most Vitamin A</li> <li>f. the highest amount of water.</li> </ol> </li> <li>2. Is there any truth in the statement ‘Carrots help you see in the dark’?</li> </ol>