



Chop, Slice and Mash

D&T

Preparing food:

We use different tools to prepare foods.

Peeling

A vegetable **peeler** takes the skin off vegetables and fruits.



Tearing

Our **hands** tear leaves into pieces.



Slicing

A **knife** slices food into thin, flat pieces.



Chopping

A **knife** cuts foods into small pieces.



Mashing

A **masher** crushes and softens foods.



Grating

A **grater** shreds foods into small pieces.



Healthy eating:

A healthy, balanced diet provides the right foods in the correct quantities for the body to grow and stay healthy.



Glossary:

Design criteria: Things that must be included to make a project successful.

Healthy eating: Eating the right amounts of the key food groups to keep our bodies healthy.