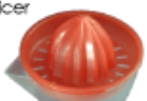




## Preparing Fruit and Vegetables



### Food Processing Equipment

| Utensil   | Food   | Effect         | Mouth feel  |
|---|--------|----------------|-------------|
|  | Orange | Makes juice    | Liquid      |
|  | Apple  | Unpeeled apple | Crunchy     |
|  | Carrot | Thin rings     | Crispy hard |

### Hygiene – some key pointers

- Jewellery is removed
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- Hands are washed
- Cuts are covered with blue waterproof dressing



## Engineer Study

### Jamie Oliver

- ✓ Jamie Oliver MBE (James Trevor Oliver) was born 27 May 1975.
- ✓ He is an English celebrity chef, restaurateur, and media personality.
- ✓ He is known for his television shows, cookbooks and restaurants.
- ✓ He has highlighted the need for improved cooking in schools and hospitals



## Vocabulary

**Fruit:** the sweet product of a tree or other plant that contains seed and can be eaten as food.

**Vegetable:** plant used for food.

**Nutrients:** all the things in food that the body needs to remain healthy.

**Pith:** the soft white lining inside fruit such as oranges.

**Salad:** a cold dish of fresh and/or cooked vegetables or fruit.

**Sensory evaluation:** subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste, texture (mouth feel).