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| **Year 2 Autumn 1 Design and Technology – Sensational Salads** |
| Key facts* Salad are made up of either fruits or vegetables
* Sometimes fruits are added to a vegetable salad
* Salads can be a meal on their own, or be an accompaniment to a dish
* Salad helps you to eat five portions of fruit and vegetables a day
* Fruits and vegetables are rich in vitamins and minerals
* Fruits contain seeds
* Fruits develop from the flower of a plant
* Vegetables consist of roots, stems and leaves
 | kiwipomegranate papayacabbagemangopepperscelery |
| Vocabulary* bush
* tree
* plant
* vine
* underground
* seed
* juicy
* cut
* chop
* flavour
* sweet
* sour
 | Types of salad* fruit
* vegetable
* coleslaw
* wardorf
* beetroot
* potato
* carrot and sultana

Salads can be:* tossed (mixed together)
* composed (carefully built)
* bound (mixed with mayonnaise)
* farinaceous (made with potatoes, pasta, quinoa, couscous etc)
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