

## Lesson 1 Title: Four Seasons Fruit

### Aims of Lesson 1:

- how to prepare food safely and hygienically (colour coded chopping boards)
- how to prepare for food service (personal hygiene)
- how to choose and purchase quality local seasonal fruits for eating and inclusion in recipes
- how 'food miles' contribute to the quality and cost of purchasing fruits
- how food processing and packaging affects the cost and sensory attributes of raw food
- how to access accurate information about fruit from market personnel and web site sources
- how to prepare and serve fruit for eating and inclusion in recipes



**Reference:** Compton, L (2010) The Food Book Oxford University Press

### Information: Table 1 Four Seasons Fruit

Summer fruits	Autumn fruits
Berries- raspberries, blue/blackberries Melons- honeydew, rockmelon (cantaloupe) Stone fruits – apricots, peaches, nectarines, plums, cherries Tropical – paw-paws, figs, passionfruit, mangoes, grapes, pineapple	Apples and pears Grapes Bananas Figs Kiwi fruit
Winter fruits	Spring fruit
Citrus – oranges(navel), mandarins Rhubarb Quince Custard apple Avocado	Citrus- oranges (Seville), grapefruit, lemons, mandarins (Honey Murcott) Apples (Lady Williams) Tropical- papaya, pineapple, paw paw, rockmelon (cantaloupe)

### Knowledge

#### Research opportunity

1. *Imagine* you want to prepare a fruit dessert in winter using 250 g fresh strawberries.

Name of dessert:

Now *complete* the following:

**Table 2:** 'Food miles' cost analysis using fresh strawberries (include source of information)

Cost of strawberries from another state (\$)	Cost of strawberries from another country (\$)

2. You seek other alternatives to fresh strawberries for your chosen dessert.

*Compare* cost and suitability of using frozen and canned strawberries (per 250 gram) for your fruit dessert. *Tip: remember to adjust cost per 250 gram!*

**Table 3:** Cost and suitability comparison between fresh, frozen and canned strawberries

Attribute	Fresh	Frozen	Canned
Cost (\$ per 250 g)			
Appearance (colour and texture)			
Suitability of product for your chosen dessert			

3. *Justify* your selection for its suitability for your chosen dessert.



## Skills

### Design your own Fruity Skewers

Use **Table 1 Four Seasons Fruit** to choose a variety of seasonal fruits.

Allow 2 pieces of fruit per person. *Tip: share fruit with a friend to ensure variety.*

1. Prepare yourself for service – wash hands, tie hair back and wear an apron.
2. Wash and dry fruit  
*Tip: preserve nutrients and retain peel, if appropriate.*
3. Use appropriate colour-coded chopping board (if available) to chop fruit into even bite-sized pieces (approximately 2cm<sup>2</sup>).  
*Tip: for fruit likely to discolour (bananas, apples, pears), sprinkle with a little lemon juice.*
4. Discard peel and place in compost bin.
5. Assemble fruit pieces onto wooden skewer.
6. Present attractively on a plate. *Garnish with fruit.*  
*Tip: strawberry fan, Vandyke kiwi, thin orange slice, sprig mint.*



### How to: Wash up

1. Scrape dishes clean of scraps.
2. Rinse dishes and utensils under hot water.
3. Stack your dishes and utensils on one side of the sink.
4. Wipe down work surfaces with clean washing up cloth.
5. Fill up the sink half-way with hot, soapy water and wash the cleanest dishes first. *Safety Tip: always hold on to the handle when washing knives. Do not allow knives to submerge as you cannot see them in the water.*
6. Rinse soapy dishes
7. Dry dishes and utensils using a clean tea towel.

Adapted from: Home Economics Victoria 2008 *Start Cooking* Macmillan Education Australia

## Resources

### Source:

See Market Fresh Guide <http://www.marketfresh.com.au/>

See Fresh for kids [http://www.freshforkids.com.au/seasonal\\_guide/seasonal\\_guide.html](http://www.freshforkids.com.au/seasonal_guide/seasonal_guide.html)

See *The Food Book* pp. 54-59 (Fruit Varieties)

**For next week:** Design Brief Theme: A summer fruit-based cold dessert that would be a suitable to serve at a Sunday lunch with your family (consider taste preferences, food allergies and vegetarian options)

See Suggestions from your text reference – Fruit Parfait on p. 337

The Fruit Flan on p. 336 is also good to make if we had more time

## Teacher Notes

### Essential Skills Checklist covered in this lesson

Knowledge	Information	Skills	Resources
Choose quality and seasonal fresh food produce and provides reasons for purchasing fruits and vegetables in season	Compare fresh, frozen, canned and processed foods when purchasing and assessing suitability of those foods for recipes	Permit individuals to work individually so that they develop independence when preparing food	Allow young people to cook food that they enjoy eating
Know what to do with food post-purchase - how to store it, how to prepare it, how to cook it.	Use informed personnel who assist consumers with produce selection, variety and culinary use	Encourage individuals to take risks in trialing new food tasks	Allow young people to practise tasks, make mistakes and learn through trial and error
How 'food miles' contribute to quality and cost of fresh food produce and influences decisions about ethical food purchasing	Use accurate information about how to access, select, prepare, cook and store fresh food produce through supermarket, primary producer and market web sites	Know how to appropriately prepare fresh food produce when constructing meals	Teach skills through recipes and meals relevant to young people's world and not through 'food science' themes in deference to curriculum
How food processing and packaging affects the cost and sensory attributes of raw food	Source Internet for food and nutrition information	Use tools and equipment safely and correctly when constructing meals	Encourage young people and their peer group to keep an open mind when trying new food
Understand that selecting fruits and vegetables in season are cheaper, tastier and more nutritious and readily available		Manage and perform cleaning tasks	
Know what fruits and vegetables are in season when selecting recipes		Use knives safely and skilfully to prepare food efficiently and appropriately	
Know that seasonal fruits and vegetables inform recipe selection		Prepare for food preparation tasks	
		Manage the physical environment of a kitchen – keep it clean, hygienic and safe for users.	