








7.3

Preparing fruit and vegetable skills

Fruit and vegetables are edible plants which can be eaten raw or cooked. There are many ways they can be prepared, and some of these are described in the table below.

▼ Methods of preparing fruit and vegetables

Key term	Picture	Description	Example
Mash		To make food soft	
Shred		To slice into long thin strips	
Grate		To make coarse or fine threads by rubbing over one side of a grater	
Peel		To remove the very thin layer of skin of fruit and vegetables	
Pipe		To press a soft food through a piping bag fitted with a shaped nozzle, to make the food into an interesting shape	
Blend		To mix two or more ingredients together; this can be done by hand, using a hand blender (liquidiser), or using a food processor	
Juice		To squeeze the juice from fruit or vegetables	

Complete the table adding an example for each method.