



How can we make a healthy snack?

Prior Learning

- I can name some fruits and vegetables and talk about what they look, smell and taste like.
- I have cut some soft fruits and vegetables by myself.

Sticky Knowledge

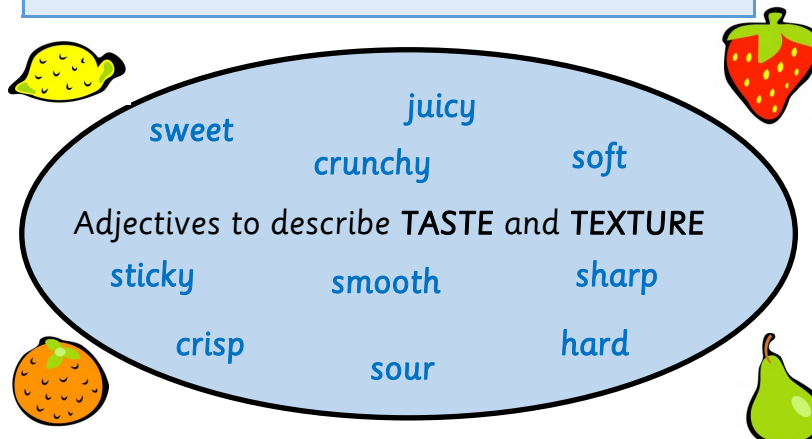
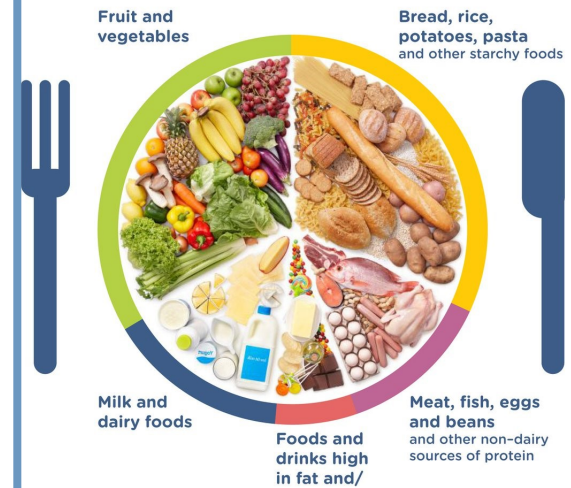
- I know where some fruits and vegetables come from e.g. farmed or grown at home.
- I know which food groups are needed for a healthy and balanced diet, including how fruit and vegetables are part of 'The Eatwell Plate'.
- I can taste and evaluate a range of fruit and vegetables to find out what my user would like.
- I can design appealing products for a my user based, talking and sharing my ideas.
- I can use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.
- I can talk about what went well and what my user would like about it.

Vocabulary

Product	What you are making.
User	Who is going to use the product.
Purpose	What the product is going to be used for.
Function	What does your product need to do to work.
Ingredients	Any food that is needed for a dish or meal.
Diet	The kind of food that a person eats.
Recipe	The steps needed to make a dish or meal

The Eatwell Plate

Use the Eatwell Plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Year 1 Design and Technology: Cooking and Nutrition



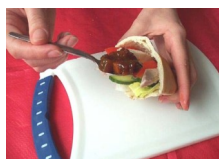
How can we make a healthy snack?



What skills and tools will we use?



Peel



Fill



Cut or snip



Spread



Slice



Whisk



Squeeze



Mix



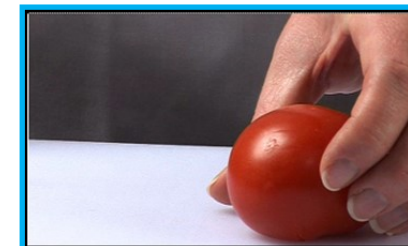
Grate

Equipment

Peeler Spoon Scissors Knife
Whisk Bowl Chopping Board
Juicer Grater Apron



Claw Grip



Bridge Hold

Where do our ingredients come from?

Cereals



Cereals include wheat, oats and barley. They are planted in winter and spring. They are harvested in late summer to early autumn. The grains from the cereals are used as food.



Wheat

Oats

Barley



Wheat is milled into flour to make bread.
Oats are used to make porridge.
Barley is added to stews, salads and soups.

Fruit and vegetables



Fruit and vegetables are from different parts of plants. Some grow above the soil, and some grow under the soil.



Tomatoes

Cauliflower

Carrots



Some fruit and vegetables are cleaned and eaten raw. Others are prepared, cooked and eaten as part of a meal.