

Design and Technology Year 1 Autumn 2

Preparing and Combining healthy food – fruit salad

Prior Learning:

Reception:

- Experience and describe the taste, smell, texture and feel of some foods linked to topics, celebrations and baking activities throughout the year.
- Through PSHE sessions explore healthy foods products and the need for a variety of foods.
- Select from a range of ingredients when completing baking activities.
- Experience weighing of ingredients, chopping and mixing.

Future Learning:

- Y2 healthy soup making

Final Outcome: To make a healthy fruit salad by preparing and combining food for the other Year 1 class to eat as a snack.



Key Vocabulary	Objectives <i>taken from Progression Document</i>	Key Knowledge
<p>cut peel chop taste smell texture hygiene measure design</p>	<p>Design</p> <ul style="list-style-type: none"> • Use pictures and words to convey what they want to design/make • Propose more than one idea for their product. • Select appropriate technique explaining: First... Next... Last... • Select pictures to help develop ideas • Use drawings to record ideas as they are developed. • Add notes to drawings to help explanations. 	<p>Children be able to identify some common fruit:</p> <ul style="list-style-type: none"> • apple • orange • banana • pear • grape • strawberry • kiwi • blueberry • melon

	<p>Make</p> <ul style="list-style-type: none">• Discuss their work as it progresses.• Select fruit from a limited range that will meet the design criteria.• Select and name the tools including type of fruit needed.• Explain what they are making.• Name the tools they are using.• Describe what they need to do next. <p>Cooking and Nutrition: Preparing and combining foods</p> <ul style="list-style-type: none">• Develop a food vocabulary using taste, smell, texture and feel.• Group familiar products e.g. different types of fruit• Cut, peel and chop a range of ingredients• Work safely and hygienically• Understand the need for a variety of foods in a diet <p>Evaluate</p> <ul style="list-style-type: none">• Explore existing products and investigate how they have been made.• Talk about their design as they develop and identify good and bad points.• Say what they like and do not like about items they have made and begin to say why.• Discuss how closely their finished product meets their design criteria and how well it meets the needs of the user.	<p>Children will know that a fruit salad is a cold dish.</p> <p>They will know a fruit salad is made up of small or cut-up fruit.</p> <p>They will know it is served as a dessert or first course.</p> <p>Fruit is a healthy food to eat.</p>
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