

Design and Technology Year 2 Spring 2

Understanding where food comes from: healthy soup

Prior Learning:

Reception Cooking and Nutrition: Foods

- 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.

Y1 D&T food topic: Preparing and combining foods: healthy fruit salad

Final Outcome: To understand where the food they are using comes from and use it to make a healthy soup.

The soup will be made for the children to eat in Year 2.



Key Vocabulary	Objectives <i>taken from Progression Document</i>	Key Knowledge
farming growing fishing peel grate vegetables balanced diet variety measure weigh	Design <ul style="list-style-type: none"> • Propose more than one idea for their product. • Describe the models and drawings of ideas and intentions. • Select appropriate technique explaining: First... Next... Last... • Use drawings to record ideas as they are developed. • Add notes to drawings to help explanations. 	Children will know that soup is a liquid meal made of different food that has lots of flavour. Soup is easy to prepare and is often healthy. It is cheap to make and easily digested. Children will be able to name and recognise a selection of common vegetables that they may use in their soup.

	<p>Make</p> <ul style="list-style-type: none"> • Select and name the tools needed to work the materials e.g. knife, chopping board, peeler, grater, spoon, soup maker. • Explain which materials they are using and why. • Discuss their work as it progresses. • Describe what they need to do next. <p>Cooking and Nutrition: Understanding where food comes from</p> <ul style="list-style-type: none"> • Understand where food comes from. • Know that food has to be farmed, grown elsewhere (e.g. home) or caught. • Name and sort foods into the five groups in the Eatwell Guide. • Know how to use technique such as cutting, chopping, peeling and grating to prepare simple dishes. • to cut, peel, grate, chop a range of ingredients. • Work safely and hygienically. • Measure and weigh food items, using standard measures. <p>Evaluate</p> <ul style="list-style-type: none"> • Note changes made during the making process as annotation to plans/drawings. • Decide how existing products do/do not achieve their purpose. • Discuss how closely their finished product meets their design criteria and how well it meets the needs of the user. 	<p>They will learn that food has to be farmed, grown somewhere or caught.</p> <p>They will know how the food they are using fits into the Eatwell Guide and understand that it is important to have a balanced diet.</p>
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