Meadows First School Knowledge Organiser
SUBJECT DT

TERM YEAR GROUP 1 FOCUS/ THEME: Fruit salad or healthy breakfast

Techniques /Skills:

NC:

*Select from and use a wide range of materials and components, including construction materials, textiles **and ingredients**, according to their characteristics.*

Skills:

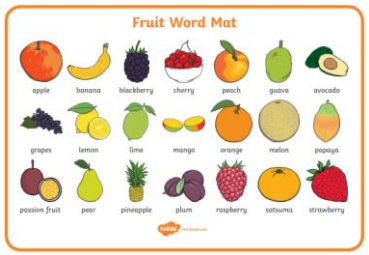
- *Select and use appropriate **fruit** and vegetables, processes and tools*
- *Use basic food handling, hygienic practices and personal hygiene.*
- *Draw on their own experience to help generate ideas.*
- *Suggest ideas and explain what they are going to do.*
- *Identify a target group for what they intend to design and make.*

Key Vocabulary

Word/ term	definition
Salad	A cold dish of vegetables of fruit.
Nutrients	All the things in food that the body needs to remain healthy.
Pith	The soft white lining inside fruit such as oranges.
Evaluation	Do you like how it looks, smells, tastes and feels?
Ingredients	The food that is chosen to make a meal/dish.
Hygienic	Means to be clean. You must wash your hands and not touch your face.

Key People / information

We will invute Waitrose to visit and provide ingredients to allow us to make a healthy breakfast or Fruit Salad. The children will design, make (chop, peel and prepare) and taste (evaluate) their meal. Fruits and ingredients will be chosen according to seasonal production and availability. Granola, yoghurt, jam may also be used. Children will be shown the cutting edge of a knife and the grip needed.



Resources: Books, internet sites and places to visit

Web sites and books:

My World Kitchen allows the children to see other children making dishes from around the world:
https://www.bbc.co.uk/iplayer/episodes/b09r7th9/my-world-kitchen

I Can Cook. How to make fresh fruit flapjack
https://www.youtube.com/watch?v=W7t_KFruKlw

DURING THE COVID PERIOD SOME OF THESE ACTIVITIES WILL BE UNAVAILABLE.