



**Techniques /Skills:**

**NC:**

Use the basic principles of a healthy and varied diet to prepare dishes.  
Select from and use a wide range of materials and components, including construction materials, textiles and **ingredients**, according to their characteristics.  
Explore and evaluate a range of existing products evaluate their ideas and products against design criteria.

**Skills: Some of these skills may also be taught during Science Lessons.**

- Identify a purpose for what they intend to design and make.
- How to name and sort foods into the five groups in The Eatwell Plate.
- That everyone should eat at least five portions of fruit and vegetables every day.
- Use the basic principles of a healthy and varied diet to prepare dishes. Learn that food ingredients should be combined according to their sensory characteristics.
- Pupils will evaluate against their design Criteria.
- Identify simple design criteria.

**Key Vocabulary**

Word/ term	definition
Healthy	in a good physical or mental condition; in good health.
Varied	showing variation or variety
Evaluation (sensory, food)	Testing foods by thinking about appearance, smell, taste, texture and mouth feel.
Hygiene	Tie long hair back, wear aprons, cover cuts, wash hands carefully, no touching face.
Appearance	How the food looks.
Texture	How the food feels in the mouth.

**Key People / information**

The children will design, prepare, make and evaluate a healthy sandwich when presented with a selection of ingredients. The EatWell plate may be taught during Science and fits in nicely with this DT unit. Cutting, slicing and spreading skills will be used and the children will be shown how to safely do this. Some foods will be cut and prepared already.



**Prior Knowledge, recap and retrieval:**

- N-Apple Pie*
- R- Pumpkin soup*
- 1-Healthy Breakfast*

Why do we need to wash our hands before cooking? (to get rid of the germs)  
Which food groups are healthy for our bodies?  
Why are fruit and vegetables good for our body? (keep us healthy/ **they give us vitamins/fibre**)

**Resources: Books, internet sites and places to visit**

**Web sites and books:**

Find out about types of sandwiches: <https://www.kidzworld.com/article/26495-history-of-the-sandwich/>

I Can Cook episodes can be found on You Tube.

My World Kitchen episodes can be found on the cbeebies website.



The Fork Secure



The Claw

