

Year 1 – Healthy Eating

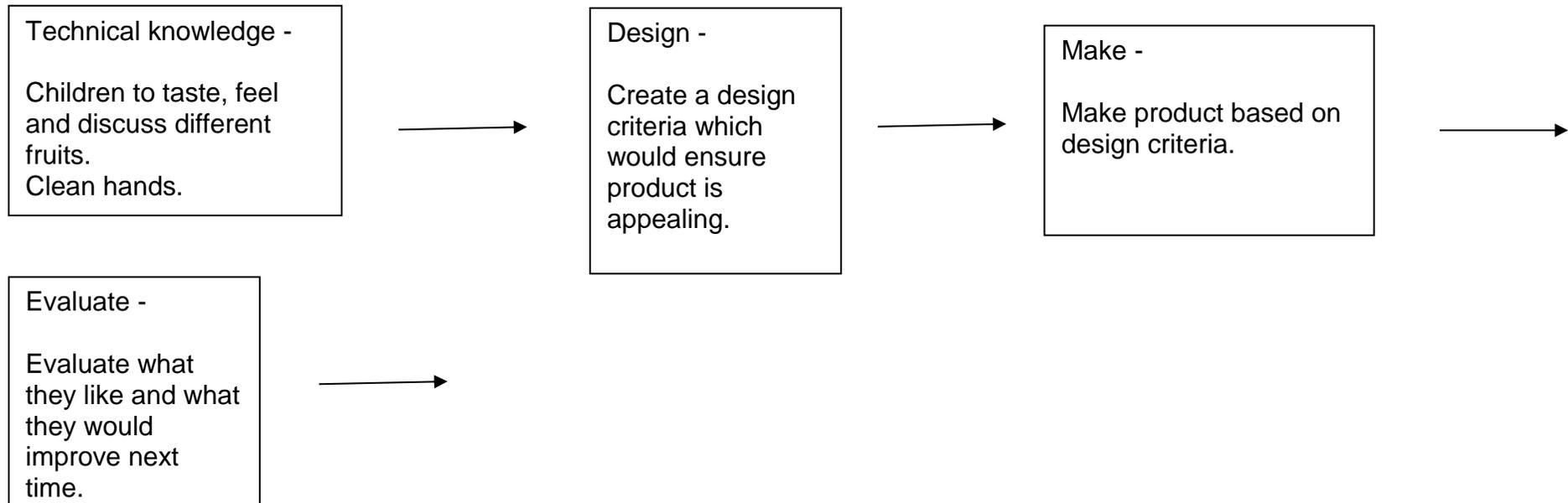
National curriculum:

- Explore and evaluate existing products.
- Safety and food hygiene.
- Design purposeful, functional, appealing products for themselves and others based on design criteria.
- Generate, develop, model and communicate their ideas through talking, drawing, templates, mock ups and where appropriate, ICT.
- Select from and use a range of tools and equipment to perform practical tasks e.g. cutting, shaping, joining and finishing.
- Select from and use a wide range of materials and components, including construction materials, textiles and ingredients according to their characteristics.
- Evaluate their ideas and products against design criteria.

Vocabulary:

Taste, touch, different, same, design, nutritious, healthy, fruit, kebab, vegetables, evaluate, tools, cut, chop, slice, compare, explore, products, criteria, equipment,

Snapshot overview



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DT Medium Term Planning

Year Group: 1

Term:

Topic: DT

	Learning Objective	Input (including key questions and vocabulary)
Technical Knowledge	I can explore, name and describe the taste and texture of different fruits.	<p>After reading the story of Handa's Surprise – discuss the names, texture and taste of fruits from the story of Handa's surprise. Discuss a healthy diet and being nutritious. Discuss where fruit and vegetables come from.</p> <p>Children to have opportunity to touch and describe the fruits before they have been cut as well as tasting pieces of the fruit. Children compare and contrast the different fruits. What does it feel like? Is it like anything you have felt? How is the.... Mango different from.... tangerine?</p> <p>As adult is cutting fruit, encourage children to talk about how you are doing this safely. Give the children the opportunity to cut and prep the fruit. Discuss size of pieces for a fruit kebab.</p> <p>How does it taste? How does it feel in your mouth? What do they like/dislike? Why?</p> <p>Discuss health and safety and the importance of washing hands.</p>

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Design	I can design my fruit kebab.	<p>Discuss with children what a 'good' fruit kebab is. What would we want to do for your fruit kebab? What does it have to look like? (discuss that it needs to look edible and appealing as well as taste good).</p> <p>Discuss with chn</p> <p>List what tools they might need to make a fruit kebab, which fruits would look best next to each other, will it have a pattern.</p> <p>Outline what patterns could they have? Which way will they cut the fruit? Show chn fruit sliced in different ways.</p> <p>Name what shapes could chn cut the fruit into?</p> <p>Discuss how they could do this, do all fruits</p> <p>Are all fruits appropriate for Slicing?</p> <p>some are soft, some are hard – e.g it might be easier to make a shape from a banana than an orange.</p> <p>Chn could use cutters, blunt knives to cut fruit to size and shape required.</p> <p>Create a class list of design criteria.</p> <p>Children to design their own fruit kebab.</p>
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Make	I can make my fruit kebab based on my design criteria.	Discuss food hygiene and safety. How to use tools, knives cutters appropriately - children explain the effects of poor/effective safety. Show children cutting, chopping, and peeling methods discussing safety and how to do this as safe as possible. Children to make their fruit kebab following their design.
Evaluate	I can evaluate my fruit kebab.	Before children eat their kebab, children to say one thing they like about the look or what they have used for the fruit kebab (not the taste). Children to write this on a post it for their book. Children to eat their kebab and write something they really liked about it. Children to say what they would do differently next time (would they want to change the way it looks, the way it tastes, a fruit).

This expected to take approximately a full day.

Impact:

All children will know about healthy eating and nutritious food.

All children will know where some fruits and vegetables come from.

All children will know will know about appropriate hygiene when preparing food.

All children will design and make a fruit kebab based on a design criteria.