

What I should already know: Children can manage their own needs - Personal hygiene. Children can use their small motor skills so that they can use a range of tools competently, safely and confidently. Children can talk about the different factors that support their overall health and wellbeing.

Enquiry Questions

- Can we identify if a food is a fruit or a vegetable?
- Can we identify where plants grow and which parts we eat?
- Can we taste and compare fruit and vegetables?
- Can we make a fruit and vegetable smoothie?



Key Vocabulary

Blender - A machine that mixes ingredients together into a smooth liquid.
Carton - A container made out of card which holds liquid products such as milk and orange juice.
Fruit - The part of a plant that contains seeds.
Healthy - When everything in your body and head feels good.
Ingredients - Items that make up a mixture, for example, foods that make a recipe.]
Peel - The tough skin around certain fruits and vegetables, such as oranges.
Peeler - A tool which helps you to remove the tough skin off fruits and vegetables.
Recipe - A set of instructions for making or preparing a food item or dish.
Slice (verb) - To cut pieces off something with a knife.
Smoothie - A combination of fruits and vegetables blended together to make a smooth drink.
Stencil - A shape which you can draw around.
Vegetable - Parts of plants that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not contain any seeds

National Curriculum

Pupils will::

- Use the basic principles of a healthy and varied diet to prepare dishes.
- Understand where food comes from.

Design

1)design purposeful, functional, appealing products for themselves and other users based on design criteria.

2)generate, develop, model, and communicate their ideas through talking, drawing, templates, mock-ups and, where appropriate, information and communication technology.

Make

1)select from and use a range of tools and equipment to perform practical tasks, e.g. cutting, shaping, joining and finishing.

2)select from and use a wide range of materials and components, including construction materials, textiles and

ingredients, according to their characteristics.

Evaluate

- 1) explore and evaluate a range of existing products.
- 2) evaluate their ideas and products against design criteria.



You should try to eat five portions of fruit and vegetables every day!



Links to other areas of the curriculum : Literacy - Instructions