



Design & Technology

Food

Year 1

Autumn Term

## Statutory Requirements

### Cooking & Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils will be taught to:

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

## Key Knowledge

<b>Research</b>	Finding out ideas and/or information
<b>Existing products</b>	Products which have already been made.
<b>Design</b>	Thinking and creating ideas to solve a problem or meet a purpose
<b>Prototype</b>	A trial/test of a product before the final version.
<b>Target Market</b>	A group of people who will benefit/use the product.
<b>Evaluate</b>	To check and make decisions throughout the design and making process are going to plan. To judge the quality of the final product

## Key Vocabulary (Food)

Spelling	Definition
<b>Diet</b>	Food and drink consumed by a person
<b>Balanced diet</b>	Eating the right amounts of food in each food group to maintain good health
<b>Food groups</b>	A collection of foods which have similar nutritional values
<b>Food Hygiene</b>	Ways food is kept safe and clean to eat so people don't get ill.
<b>Nutrition</b>	Nutrients are in the food we eat so our bodies can function well.
<b>Ingredients</b>	Foods which are put together to make a food product.
<b>Utensils</b>	Equipment or tools used for making food products.

## Experiences

(e.g. healthy snack or side dish)

- Explore what a balance diet is with the different food groups and look at where different food come from (use video links provided)
- Taste test different fruits/veg for potential ingredients
- Investigate existing ideas
- Practice using practical skills safely and hygienically such as to peel, cut, grate, tear, mix, measure and weigh.
- Create own design ideas to meet needs of target market.
- Use CAD (e.g. make a label, ingredients list or poster ad)
- Create a final design
- Make own final product and evaluate it.

## Safe practical techniques

### Cutting (claw method)

<https://youtu.be/MVuKxKvniME>



### Grating

<https://youtu.be/v4keMFH7CIU>



### Cutting (bridge method)

<https://youtu.be/MPnBzCk3NL4>



### Peeling

<https://youtu.be/v4keMFH7CIU>

