




Area: Cooking and Nutrition	Year: 1	Subject: Design and Technology
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What should I already know/be able to do? → eat a healthy range of healthy different foods → check how well an activity is going → demonstrate good food hygiene: washing hands and tying hair back before handling food	How will I use this learning in the future? In Year 2, I will learn about the 5 food groups and how all food is farmed, grown or caught. I will also become more independent when chopping, peeling, grating, stirring and mixing.	What vocabulary should I learn?
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What should I be able to do by the end?																				
Designing Draw a picture and label it to show what you are going to make. Try out some ideas before making. Evaluating Look at products (e.g. fruit kebabs, fruit salads) and say what you like and dislike about them. Say if your product meets design criteria.	Describe the look, taste, texture and smell of foods.  <p style="text-align: center;">colour smooth rough bitter crunchy spicy</p>	<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td>healthy</td><td>in good physical and mental condition</td></tr> <tr><td>hygiene</td><td>keep yourself and equipment clean</td></tr> <tr><td>ingredients</td><td>the different foods in a recipe</td></tr> <tr><td>non-standard</td><td>can be different sizes and amounts</td></tr> <tr><td>portion</td><td>the amount of food required</td></tr> <tr><td>produce</td><td>food produced agriculturally or naturally</td></tr> <tr><td>recipe</td><td>instructions for how to make a dish or meal</td></tr> <tr><td>standard</td><td>show exact measurements and are all the same</td></tr> <tr><td>vegetable</td><td>a part of a plant used as food</td></tr> </table>	healthy	in good physical and mental condition	hygiene	keep yourself and equipment clean	ingredients	the different foods in a recipe	non-standard	can be different sizes and amounts	portion	the amount of food required	produce	food produced agriculturally or naturally	recipe	instructions for how to make a dish or meal	standard	show exact measurements and are all the same	vegetable	a part of a plant used as food
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Use basic cooking techniques with some help.



Measure and weigh ingredients using non-standard measures.



Understand basic safety and hygiene.

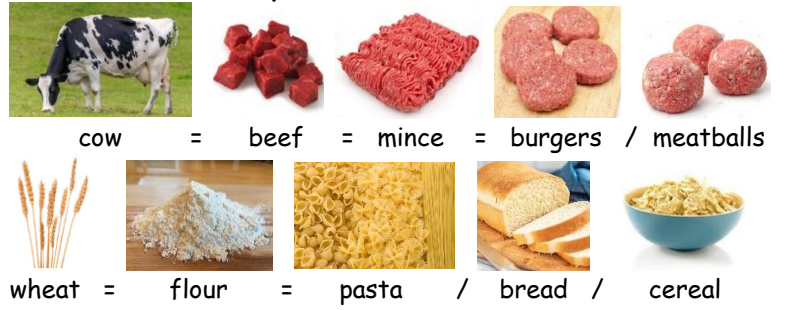


Equipment



What should I know by the end?

All food comes from plants or animals.



Names of fruit and vegetables.



Everyone should eat at least 5 portions of fruit and vegetables a day to stay healthy.