

Our School Values	
Love	We show love by learning and exploring different materials, mechanisms, designers and architects.
Unity	We show unity by helping each other and sharing techniques
Courage	We show courage by sharing and talking about our designs.
Inspiration	We show inspiration by expressing ourselves and being proud of what we have achieved.



## Year 1

### Design and Technology

Fruit and vegetables (+ x2 moving Christmas card lessons)



### NC Objective

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

### Knowledge I already know

I know how to use a range of small tools safely  
I am familiar with common fruit and vegetables  
I know basic food hygiene

### Knowledge I will learn

I understand where food comes from  
I know where plants grow and which parts we eat  
I know that fruits and vegetables grow in one of three places: on trees or vines; above the ground, below the ground  
I can taste fruits and vegetables and describe their: appearance, smell, taste  
I can make a choice as to what smoothie I will make and why  
I know how to cut fruit safely  
I know how to use a blender safely  
I know that a fruit smoothie is a healthy choice



### Key Vocabulary

Word	Definition
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.
Template	A stencil which you use to help you draw a shape more easily on to different materials.
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.

LI: To introduce vocabulary related to fruits and vegetables.	LI: To identify if a food is a fruit or vegetable.	LI: To identify where plants grow and which parts we eat.	LI: To taste and compare fruits and vegetables.	LI: To make a fruit and vegetable smoothie.	LI: To plan a moving card.	LI: To make a moving card and evaluate.
Matching vocabulary to objects/pictures e.g. blender, peeler.	Handling pre-cut fruits & vegetables & sorting by whether they have seeds or not. <i>Do you eat 5 a day?</i>	Cutting and sticking pictures of fruit and vegetables onto a landscape. <i>What could you grow at home?</i>	Tasting fruits and vegetables and choosing a smoothie recipe based on findings. <i>What texture does it have?</i>	Making smoothies/designing a smoothie carton. <i>Why does the smoothie carton need to look appealing?</i>	<i>Plan a moving Christmas card against a design criteria.</i> <i>Add labels to your plan.</i>	<i>Make a moving Christmas card and evaluate against target audience.</i>