

# Bishop Bronescombe C of E Primary School



## Design Technology—Healthy eating

Year 1/2

### Strand: Design technology

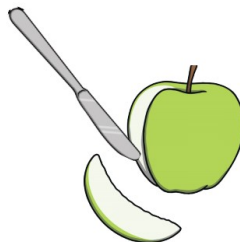
- Understand where food comes from.
- Use the basic principles of a healthy and varied diet to prepare dishes.
- Design purposeful, functional, appealing products for themselves and other users based on design criteria.
- Evaluate their ideas and products against design criteria.

## Key knowledge

- Healthy and unhealthy foods
- Different food groups
- How to design a product based on design criteria



peel



chop



mix

### Key vocabulary

carbohydrate	One of the food groups and the main energy source for the human body
chop	Cut something into pieces with a sharp knife
dairy	Food containing, or made from, milk
fruit	Part of a flowering plant that contains seeds, that humans can eat
healthy	Food that provide the nutrients needed by the body
mix	To combine ingredients together
peel	Remove the outer skin
protein	One of the food groups that contains meat, eggs, beans, peas and nuts
unhealthy	Foods that have less nutrients than we need and are higher in fats and sugars
vegetables	Part of a plant that you eat

## By the end of the unit, your child should be able to:

- Year 1—sort healthy and unhealthy foods
- Year 2—know the food groups and know that we should have more of some types of food and less of others
- Understand where different types of food comes from
- Peel, chop and mix different fruits to create a healthy fruit salad