

Newquay Primary Academy – Autumn Term 1 Sequence – Design & Technology



RECEPTION

Food – What is healthy?

Prior knowledge... In EYFS the children have made healthy choices about food and drink.

YEAR 1

Food – Fruits and Vegetables

Prior knowledge... The children will have learnt to distinguish between healthy and unhealthy food.

YEAR 2

Food – A balanced diet

Prior knowledge... Children will have learnt to distinguish between fruits and vegetables and where they grow.

INTENT

Learn to distinguish between healthy and unhealthy food. To taste new and exotic fruit. To list vegetables and fruit to use in soup and smoothies.

Learn to distinguish between fruit and vegetables and where they grow. Design a fruit and vegetable smoothie and accompanying packaging.

Learn about the food groups (carbohydrates, proteins, fruits and vegetables, dairy, oils and spreads) to understand a balanced diet to develop a healthy wrap.

VOCABULARY / STICKY KNOWLEDGE

Healthy, vegetable, fruit, smoothie, soup, blender, cut, peel, slice

Fruit, vegetable, seed, leaf, root, stem, smoothie, healthy, carton, design, flavour, peel, slice

Balanced diet, balance, carbohydrate, dairy, fruit, ingredients, oils, sugar, protein, vegetable, design criteria

SEQUENCE OF LESSONS

1. Identify what is healthy and unhealthy food.
2. Sort healthy food into a packed lunch.
3. Taste exotic fruits.
4. To make a fruit smoothie and vegetable soup.

1. To identify if a food is a fruit or a vegetable.
2. To identify where plants grow and which parts we eat.
3. To taste and compare fruit and vegetables.
4. To make a fruit and vegetable smoothie

1. To know what makes a healthy diet.
2. To taste test food combinations.
3. To design a healthy wrap.
4. To make a healthy wrap.

OUTCOME / COMPOSITE

To prepare a fruit smoothie and vegetable soup.

To prepare a fruit and vegetable smoothie.

To prepare a healthy wrap.