

Year 1 Term 6

What do we need to survive? DESIGN AND TECHNOLOGY



National Curriculum Links:

Understand where food comes from.
Select from and use a range of tools and equipment to perform practical tasks.
Use the basic principles of a healthy and varied diet to prepare dishes.

Essential Prior Learning:

Children should have an understanding that the foods they choose to eat affect their health.
They should be able to wash their hands in preparation for cooking and know why.
Children should be able to use cutlery.

Progression in Skill:

In 1762, John Montagu, the 4th Earl of Sandwich, invented the meal that changed dining forever. As the story goes, he was playing cards and did not want to leave the gaming table to eat. He asked for a serving of roast beef to be placed between two slices of bread so he could eat with his hands.
Decide who their sandwich is for and what it will look/taste like.
Communicate ideas through talking and drawing.
Plan by suggesting what order the instructions need to come in.

Peel, cut, slice and chop safely, using the appropriate equipment.

Choose from a range of sandwich fillings according to characteristics such as appearance, taste and texture.

Taste a range of sandwich fillings to establish likes and dislikes.

Taste the sandwich to evaluate it against the original criteria.

Know that all food comes from plants or animals.
Use technical and sensory vocabulary related to the project.

Long-term Memory Knowledge:

Show an understanding of how the concept of a sandwich originated.
Know that different people want different things in a sandwich, according to their tastes.
Use drawings as a way to plan.
Use a knife and peeler safely to cut, peel, slice and chop foods.
Know that food comes from plants or animals.
Use appropriate vocabulary to describe different foods.

Key Vocabulary

cut	using a sharp blade to spilt something
peel	strip a layer off something – often the skin of a fruit or vegetable
chop	cut by striking, especially over and over with something sharp
slice	To make straight cuts through something making pieces about the same size
knife	a cutting instrument consisting of a sharp blade

Progression in Resources:

Knife
Peeler
Chopping board

Relevance

Now	Children develop an understanding of why they should eat a range of foods; they develop a curiosity about what they do and develop a willingness to try new foods and in different combinations.
Future	Children develop skills to enable them to make some simple healthy dishes from fresh ingredients. They are able to eat and maintain a balanced diet and have a healthy relationship with food managing portion control but not restricting food types.
Aspiration	Children understand how to make a balanced, nutritious plate of food, enjoy cooking and have the necessary practical skills to experiment and produce a wide range of healthy, affordable and varied meals for themselves and their families without reliance on processed foods.