

DT

Sandwiches/Wraps

Year 1

What I should already know

- Make healthy choices in relation to eating.
- Share some ideas for sandwiches based on own experiences.
- Name some tools used to make sandwiches.

Technical Knowledge and skills

- Explore and evaluate the taste and appearance of a range of different sandwiches and wraps.
- Choose appropriate ingredients to make a sandwich.
- Select and use a range of different appropriate tools to make a wrap or sandwich.
- Use the correct techniques to make sandwiches/wraps ie spreading, cutting, slicing and grating.
- Discuss their finished sandwich or wrap and evaluate what could be improved.



Sticky Knowledge

Know that all food comes from plants and animals.

Know that you should eat at least 5 portions of fruit and vegetables everyday.

Know the key ingredients of a sandwich/wrap.

Know that when cooking or preparing food I need to wash my hands to stop the spread of germs.

Vocabulary

Ingredients	A food or product that is combined to make a particular dish.
Cut	Removing a piece from something.
Diet	The kind of food that a person or an animal eats.
Healthy	In good health. Free from illness or injury.
Peel	Remove the outer cover or skin from a product.
Chop	Cut into pieces with repeated sharp blows.
Taste	The sensation of flavour in the mouth.
Arrange	Put things in a required order.
Choosing	Pick out something that is the best or most appropriate.