

**DT**

**Cooking and Nutrition: Smoothies**

**Year 1**

*What I should already know*

- Name a range of different types of fruit.
- Know that you need to eat 5 pieces of fruit or vegetables a day.
- Know that when cooking I need to wash my hands to stop the spread of germs. (EYFS ELG)



*Vocabulary*

Ingredients	A food or product that is combined to make a particular dish.
Cut	To use a knife to make something smaller.
Juicer	Something used to get juice from a fruit.
Root	Part of a plant that takes water and other things from the soil.
Table knife	A tool used for cutting.

*Technical skills*

- Designing a smoothie carton by hand.
- Chopping fruit and vegetables safely to make a smoothie.
- Juicing fruit to make a smoothie.
- Identifying if food is a fruit.
- Learning where and how fruits and vegetables grow.
- Testing and evaluating different foods.
- Describing, appearance, smell and taste.
- Suggesting information to be included on packaging.

*Sticky Knowledge*

The fruit is the part of the plant that contains the seed.

Fruits and vegetables grow on trees and vines or above or below the ground.

A recipe is a set of instructions for preparing a certain dish.

