

DT

Cooking and Nutrition: Smoothies

Year 1

What I should already know

- I can name a range of fruit and vegetables.
- I know that I need to eat 5 pieces of fruit and vegetables a day.
- I know that when I am cooking, I need to wash my hands to stop germs spreading.

Technical skills

Design:

- Designing a smoothie carton by hand.

Make:

- Chopping fruit and vegetables safely to make a smoothie.
- Juicing fruit to make a smoothie.

Evaluate:

- Testing and evaluating different foods.
- Suggesting information to be included on packaging.

Technical Knowledge:

- Identifying if a food is a fruit
- Learning where and how fruit and vegetables grow.
- Describing appearance, smell and taste.



Sticky knowledge

- The fruit is the part of a plant that contains a seed.
- Fruits and vegetables grow on trees and vines above or below the ground.
- A recipe is a set of instructions for preparing a certain dish.



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 special kind of knife used at the dining table to help us cut our food. It has a blunt edge (which means it's not sharp like a regular knife) so it's safe to use.
Jamie Oliver	Jamie Oliver is a famous chef from England. He designs and makes food and writes recipes to help people cook at home. Jamie thinks carefully about who the food is for and chooses healthy ingredients. He wants children and adults to eat good food that helps them grow strong.

