

Knowledge

- ❖ Preparing processes are the different ways that we get food ready to be eaten.
- ❖ The five main food groups are fruits and vegetables, carbohydrates, protein, dairy, fats and sugars.
- ❖ In order to stay healthy it is important we eat a balanced diet of foods from the five groups.



Prior Knowledge (Year 1)

- ❖ Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell.
- ❖ Experience of cutting soft fruit and vegetables using appropriate utensils and skills.
- ❖ Understanding of basic food hygiene
- ❖ Basic understanding of the healthy food plate

Skills

- ❖ To design a sandwich that using the Eatwell Guide to help choose fillings.
- ❖ To use tools and equipment safely
- ❖ Evaluate their finished product against the design criteria.

Key Vocabulary

- ❖ nutrition
- ❖ carbohydrate
- ❖ protein
- ❖ fat
- ❖ balanced diet
- ❖ hygiene
- ❖ cutting techniques - claw grip

Safeguarding

- ❖ Wash hands thoroughly before and after handling food.
- ❖ Ensure work surfaces are cleaned before and after session.
- ❖ Tie back long hair.
- ❖ Wear aprons.
- ❖ Walk safely and calmly around classroom.
- ❖ Keep work area and floor space clear.

