

Parsonage Farm Nursery and Infant School

Year 1

Design and Technology
Food and Nutrition

Spring 2

Knowledge

- ❖ Fruits and vegetables are part of a healthy and balanced diet.
- ❖ We should eat 5 portions of fruit and vegetables every day to stay healthy.
- ❖ To begin to understand that foods come from plants or animals.
- ❖ Fruits have different textures, tastes and colours.



Prior Knowledge (Year R)

- ❖ Basic understanding of healthy foods.
- ❖ Food needs to be prepared before we eat it.
- ❖ How to prepare food hygienically.
- ❖ How to use a knife to slice and chop safely.

Key Vocabulary

- ❖ hygiene
- ❖ healthy
- ❖ fruit
- ❖ vegetable
- ❖ slice
- ❖ pith
- ❖ peel
- ❖ seeds

Safeguarding

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

Skills

- ❖ Design their product using given criteria.
- ❖ Choose from a range of fruits according to their characteristics and own experiences.
- ❖ Peel and chop safely using appropriate utensils.
- ❖ Evaluate their finished product identifying strengths and potential changes.