

DT Class 1 Spring 1 Cycle B Cooking and Nutrition – Healthy and Unhealthy

| | | | | |
|---|--|--|--------------|--------------|
| <p>As all children will only be visiting Cooking and Nutrition once in the 2 year cycle, all children should be given the opportunity to attain all objectives however it is understood that not all objectives will be achieved due to age related technical ability.</p> | <p>Markers for Assessment</p> | | <p>Below</p> | <p>Above</p> |
| <p>Substantive Knowledge</p> <ul style="list-style-type: none"> • Describe textures • Wash hands & clean surfaces explain hygiene and keep a hygienic kitchen • Say where some foods come from (i.e. plant or animal) • Describe how food is farmed, home-grown, caught • Describe differences between some food groups (i.e. sweet, vegetable etc.) • Discuss how fruit and vegetables are healthy • Cut, peel and grate safely, with support • Cut, peel and grate with increasing confidence • Describe properties of ingredients and importance of varied diet • Explain there are groups of food • Describe “five a day” <p>Disciplinary Knowledge</p> <p>Design</p> <ul style="list-style-type: none"> • Design purposeful, functional, appealing products for themselves and other users based on design criteria (i.e., healthy food) <p>Make</p> <ul style="list-style-type: none"> • Select from and use a wide range of ingredients according to their properties. <p>Evaluate</p> <ul style="list-style-type: none"> • Evaluate their ideas and products against design criteria (Is it healthy?, Does it taste nice?) | <p>I can cut, peel and grate safely with support.</p> <p>I can suggest ideas for a healthy meal/snack or drink (Depending on what you decide to design and make)</p> <p>I know where some of our foods come from</p> | | | |
| <p>Prior Knowledge</p> <p>This topic has not been studied formally. The Life Bus were in last half term and talked about different food groups and having a balanced diet.</p> | <p>Vocabulary</p> <p>animals, caught, chop, farmed, food safety, grate, grown, healthy, ingredients, plants, slice, design, food groups, hazard, hygiene, peel, prepare, safe knives, varied diet</p> | | | |
| <p>Prior Skills</p> <ul style="list-style-type: none"> • Not formally covered in the curriculum | | | | |

Questions

- What are the main food groups?
- Where does this food come from?
- How do we keep things hygienic?
- How do we stay safe when using the equipment?
- Is this healthy?
- How does it help our bodies?

Year 1

Year 2