

DT – making a healthy cold dish

Prior Learning

- Explore different foods – taste, touch, smell
- Look at similarities and differences between fruits and vegetables
- Practise some hygiene to keep healthy and safe – hand washing and surface cleaning
- Sort foods into healthy and unhealthy

Concepts

The 'eat well plate' how to name and sort a range of foods into five groups

Know what a healthy diet is and prepare a dish and understand why it is healthy. Follow a simple recipe

Key Vocabulary

Images, icons and maps.

evaluate	To taste a salad – say if you like/dislike and give reasons
farmed	To know that some foods are reared or grown on farms
preparing	To get food ready to be eaten or cooked
fruit	Fruits can grow on plants
vegetable	Vegetables can grow above or below the ground
peeling	Taking the outside layer off a fruit or vegetable
chopping	Cutting food

Key Facts

- Food comes from all over the world
- Fruits and vegetables grow across the world
- Some vegetables grow under the ground some above the ground
- Fish is caught in rivers seas and lakes

'The Eat Well Plate'



Salad

