

# Year 1

## Medium Term Plan

### Design and Technology (Healthy Salads)

#### Spring

#### Knowledge

Understand how to eat a healthy and varied diet.

Understand how to follow a simple recipe.

Understand that some food is grown and some food is caught.

Explain that food can be split into different groups.

Give specific names such as protein.

Give specific names of vegetables and fruits that are grown under and above the ground.

#### Curriculum

*Understand where food comes from.*

*Explore and evaluate a range of existing products.*

*Use the basic principles of a healthy and varied diet to prepare dishes.*

*Select from and use a range of tools and equipment to perform practical tasks.*



#### Skills

Ask simple questions related to balanced diets and food groups.  
Use cooking tools accurately.  
Observe what happens to food over time.

Identify and sort foods into groups.

Gather information about healthy and unhealthy.

Make a salad.

Follow a recipe.

#### Vocabulary

Healthy, diet, recipe, measuring spoon, zesters, food groups, vegetables, fruit, ingredients, salad

#### Learning objectives

- 1) To understand where food comes from.
- 2) To explore a healthy & varied diet.
- 3) To evaluate a pre-made salad.
- 4) To plan and make a healthy salad.
- 5) To evaluate your healthy salad.

#### Questions

What is a healthy and varied diet?  
What grows under the ground?  
What grows about the ground?  
How do we follow a recipe?  
Can you give specific names for the food groups?