

**Year: 1 Program of Study:** Food – Preparing fruit and vegetables

**N.C POS:**

- Use the basic principles of a healthy and varied diet to prepare dishes.
- To understand where food comes from.

**Concept:** celebrations, diversity, similarity and difference, decades, change, location, society, food.

**Key Vocabulary:** fruit and vegetable names, names of equipment and utensils, sensory vocabulary, soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard, flesh, skin, seed, pip, core, slicing, peeling, cutting, squeezing, healthy diet, choosing, ingredients, planning, investigating tasting, arranging, popular, design, evaluate, criteria.

**Prior Learning:** Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance, taste and smell. Experience of cutting soft fruit and vegetables.

**Core Knowledge- non-negotiable**

**Designing**

- Design appealing products for a particular user based on simple design criteria.
- Communicate these ideas through talk and drawings.

**Making**

- Use simple utensils and equipment to peel, cut and squeeze safely.
- Select from a range of fruit and vegetables according to their characteristics e.g. colour, texture and taste to create a chosen product.

**Evaluating**

- Taste and evaluate a range of fruit and vegetables to determine the intended users' preference.
- Evaluate ideas and finished products against design criteria, including intended user and purpose.

**Wider Influences**

- Healthy eating
- Festivals and celebrations
- Teddy bear picnic
- Food and farming
- Ourselves
- Senses
- Growing

**Enduring Understanding**

- Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of 'The eatwell plate'.
- Know and use technical and sensory vocabulary relevant to the project.