

Design & Technology

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality design technology education. They will be equipped with the knowledge, skills and vocabulary to use creativity and imagination to design and make products that solve real and relevant problems in a variety of contexts. We intend to inspire a sense of enjoyment and curiosity about design technology.

Cooking and Nutrition

Spring 2

Igniting Prior Knowledge:

Year 1 (Cooking and Nutrition: Preparing Fruit - Fairtrade Fruit Kebabs)

- Foods such as fruit and vegetables are known as healthy foods.
- Food comes from plants and animals.
- Some foods, such as wheat, rice, pulses, fruits and vegetables, are grown.
- Some fruits and vegetables are grown in different parts of the world.
- A variety of tools e.g. knife, grater can be used to prepare food.
- Hands should be washed before preparing food.
- A kebab is the name for cooked and/or fresh ingredients on a skewer.



Key Vocabulary:

- Preparing
- Peeling
- Cutting
- Slicing

New Knowledge:

- Fruits and vegetables can be farmed or grown at home.
- It is important to have a healthy, varied and balanced diet, which includes fruit and vegetables.
- A variety of food processing skills can be used to prepare foods e.g. peeling, cutting, slicing, grating.
- A range of hygiene measures should be in place before preparing/cooking food. e.g. Washing hands, hair tied back, aprons worn.
- Locally sourced produce is more environmentally friendly because of reduced transportation.

