The Acorn Partnership
Marston Montgomery Primary School
Long Lane C of E Primary School

Sticky Knowledge

- I know which food groups are needed for a healthy and balanced diet, including how fruit and vegetables are part of 'The Eatwell Plate'.

- I can taste and evaluate a range of fruit and vegetables to find out what my user would like.

- I can design an appealing product for my user based on sensory evaluations, talking and sharing my ideas with others.

- I can use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.

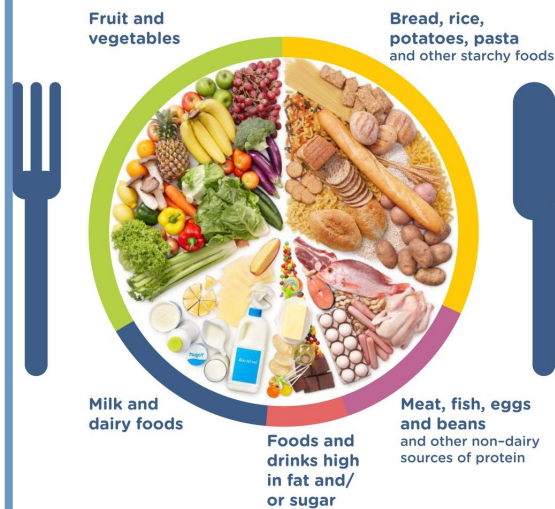- I can talk about what went well and what my user would like about my product.

Claw grip

Bridge hold

The Eatwell Plate

Use the Eatwell Plate to help you get the balance right.
It shows how much of what you eat should come from each food group.

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Milk and dairy foods

Foods and drinks high in fat and/ or sugar

Meat, fish, eggs and beans and other non-dairy sources of protein

What skills and tools will we use?

Peel

Fill

Cut or snip

Spread

Slice

Whisk

Squeeze

Mix

Grate

Design and Technology: Year 1: Autumn: Cooking and Nutrition
How can we prepare ingredients for a healthy salad?

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carbohydrates	Foods that give our bodies lots of energy, like bread, rice, pasta, and potatoes.
crunchy	Food that makes a loud noise when you bite it, like an apple or carrot.
design	Making a plan or drawing of something you want to make.
evaluate	Looking at what you made and thinking about what went well and what could be better.
fruit and vegetables	Foods that grow on plants, like apples, bananas, carrots and peas, that help us stay healthy.
grater	A kitchen tool with holes for rubbing food on to make it into small pieces, like cheese.
hard	Something solid that doesn't squash easily, like a carrot or a nut.
hygienic	Keeping things clean and safe so we don't spread germs.
juicy	Food with lots of liquid inside, like an orange or watermelon.
knife	A tool with a sharp edge used for cutting food.
peeler	A tool that takes the skin off fruits and vegetables.
planning	Thinking about what you need to do before you start making something.
proteins	Foods that help our bodies grow strong, like meat, fish, beans, and eggs.
soft	Something you can squash or press easily, like bread or a ripe banana.
sweet	A taste like sugar or sweets, found in fruit, chocolate, or cakes.
user	A person who is using something, like someone playing on a computer, a phone, or using a toy.