



Buglawton Primary School

Be the Best We Can





Topic: Food and nutrition

Subject: DT

Year: 1

Term: Autumn

What should I already know?	What should I be able to do by the end of the unit?
<ul style="list-style-type: none"> Children know the importance of a healthy diet in order to stay healthy. Children manage their own hygiene needs. 	<ul style="list-style-type: none"> Begin to organise foods into the five groups of the 'Eat Well Plate'. Describe where many familiar foods come from, (plants/animals.) Work with others to design and prepare a healthy dish, without a heat source. Use techniques such including peeling and grating in a safe and hygienic way.
<p>What will I know by the end of the unit?</p> <ul style="list-style-type: none"> Understand where a range of fruit and vegetables come from e.g. farmed or grown at home. Begin to understand that all food comes from plants or animals. Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The eat well plate. Know and use technical and sensory vocabulary relevant to the project. 	

Key Vocabulary	
food	healthy diet
items that we can eat that give us energy and nutrition	contains a balance of foods from the five groups in 'The Eat Well Plate'
chopping	peel
	
cutting food into small pieces or slices	removing the skin of a food
grate	hygiene
	
shredding a food into smaller parts using a grater	maintaining cleanliness
fruit	vegetables
grows on plants or trees and contains seeds	a part of a plant that is used for food. It contains no seeds


Agreed Real-Life Outcome:

Design and create a fruit kebab

Significant people:

Jamie Oliver - Campaign to help lower child obesity and promote healthy foods in schools.

Joe Wicks - Campaign to promote exercise and healthy eating. He created 'PE with Joe' during the UK lockdown.

the eat well plate	
	
Shows the 5 food groups to make up a healthy diet	
farming	grown at home
when plants or animals are grown on a large scale for humans to use	When food is grown in the garden or allotments at home or nearby.