

# In DT we are learning about... **Food: Can you prepare a fruit or vegetable desert or snack for a class party for yourself to eat and enjoy?**

## Key vocabulary

**Fruit and vegetables** - they come from a plant that you grow. Fruit has seeds.

**Pith**- the soft white lining inside fruit such as oranges.

**Nutrients**- all the things in food that the body needs to remain healthy.

**Vitamins and minerals**- nutrients your body needs in small amounts to work properly and stay healthy

**Portion**- the amount of food you need

**Hygienic**- care and attention that is given to keeping yourself and your environment clean

**Ingredients**-the food items using to make something to eat

**Recipe**-a set of instructions you follow to make something to eat

**Food Source**- where food comes from

### Characteristics needed for this topic:

- Risk taking
- Communication
- Concentration
- Managing impulsivity



## Sticky knowledge



- Food comes from plants and animals.
- Fruit and vegetables: e.g. apples, tomatoes, lettuce, contain vitamins and minerals.
- We should aim to eat 5 portions of fruit and veg per day.
- Use safe and hygienic ways of preparing and cutting fruit and vegetables

### From Source to Plate

-In order for us to get food, we need to grow it, raise it, or catch it.

-**Grow it** - We can grow fruit plants and vegetable trees;

-**Raise it** - We can raise animals for meat and eggs.

-**Catch it** - We can catch fish from the sea, or forage fruits and vegetables from wild plants.



Try to find out about how a food product, like bread, goes from its source to your plate!

## Key Designers

Jamie Oliver  
Healthy cookbooks and recipes  
BBC Good Food



### Varied Diet

-In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.



## Links to previous learning



### EYFS

- Use a range of small tools, including cutlery.
- Share their creations, explaining the process, they have used
- Know and talk about the different factors that support their overall health and wellbeing e.g. healthy eating

### Year 1

- Describe the importance for humans of eating the right amounts of different types of food

## Aspirations



- Chef
- Cookery book Author
- Nutritionist or dietician
- Food Technology Teacher
- School Health Support Worker