

Design Technology (Y1) – Seasonal Soup

Cooking and nutrition

Prior Knowledge

- Some foods are considered to be 'healthy', such as fruits and vegetables (Rec)

Key Knowledge

- The food we eat comes from different sources. For example, fruit and vegetables come from plants and meat comes from animals.
- There are 5 main food groups; fruit and vegetables, carbohydrates, proteins, dairy, fats and oils.
- We need to eat a variety of different types of food to have a healthy diet.
- Some food can be eaten raw (without cooking) and some food needs to be cooked before we eat it.
- When we prepare food, we should wash our hands and keep surfaces clean.

Belonging

Colour

Wonder



Key Vocabulary

recipe	instructions for making/cooking something
ingredients	foods that are used to make something
equipment	tools needed to do a job
peel	remove the skin from fruit or vegetables
cut	use a tool or knife to break food up
healthy	good for your body
hygiene	keeping yourself and your surroundings clean

Equipment



Chopping board



Knife



Peeler

What vegetables can I use to make my soup?



Health and Safety

Wash hands before touching any food or equipment.

Make sure your hair is tied back and your clothes are covered.

Make sure the surfaces and equipment are clean.

Follow adult guidance when cutting or peeling vegetables.