

Prior learning: In Year One, children learnt about fruit & vegetables and where they come from. They designed, created and evaluated a fruit salad, using the bridge and claw grip.

Meet some brilliant chefs...



Yotam Ottolenghi is an Israeli-born British chef who is well known for using vegetables within his recipes and restaurants.



Jamie Oliver is a famous television chef, who campaigned to make school meals healthier.

1. What is a healthy diet?

We will share design criteria for a healthy lunch.

We will recap our work from science and learn about a healthy balanced diet and the different food groups:

Carbohydrates, proteins, fruit and vegetables, dairy and fats.

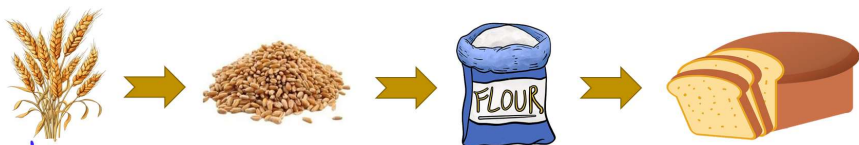


I know the main food groups and can name some food from each group.

Research

2. Where does our food come from?

We will learn where our food comes from.



I know where my food comes from for example bread, cheese and tuna

Research

3. How do you prepare fruit and vegetables?

We will learn and practice the techniques of spreading, peeling and grating to prepare food, together with the cutting techniques using the bridge hold, claw grip and fork secure grip.



I know the correct equipment to use to prepare and cut food safely

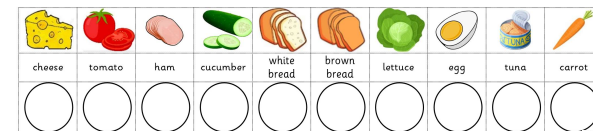
Practice

4. Which ingredients would make a tasty, healthy lunch box

We will explore a variety of foods, tasting them to decide on the ingredients to design a healthy pasta salad box



I know which foods can form part of a healthy lunch



Design

5. What makes appealing packaging for a lunch box?

We will look at a variety of lunch packages and evaluate what makes them effective. We will use this to create our own sandwich packages.



I know how to make packaging effective and attractive (clear text, brand name, ingredients, colours, images)



Design

6. How do chefs make and evaluate their creations?

We will recap the food preparation skills learned and practiced previously and then follow our design to produce our own lunch. We will eat our lunches and evaluate them against the design criteria.



I know how to create a healthy lunchbox. I can evaluate my lunchbox against the design criteria.



Create & Evaluate

Key vocabulary: Glossary

bridge hold	a way of holding food for chopping	ingredients	the items of food that make up a recipe
claw grip	a way of holding food for chopping	nutrition	this is what is in your food and how it affects your body
fork secure	a way of safely holding food for chopping	peel	to remove the outer layer of skin from fruit or vegetables
grate	reducing food to small pieces by rubbing against a grater	recipe	instructions for making food
hygiene	keeping clean to stay healthy	spread	to cover evenly