

Year 1



Knowledge Organiser: D&T - Food

Project Ideas – Fruit Salad/ Dips and Dippers

Key Vocabulary

Food	Nutrition	Ingredients
Equipment	Healthy	Recipe
Source	Mixing	Safe



Skills

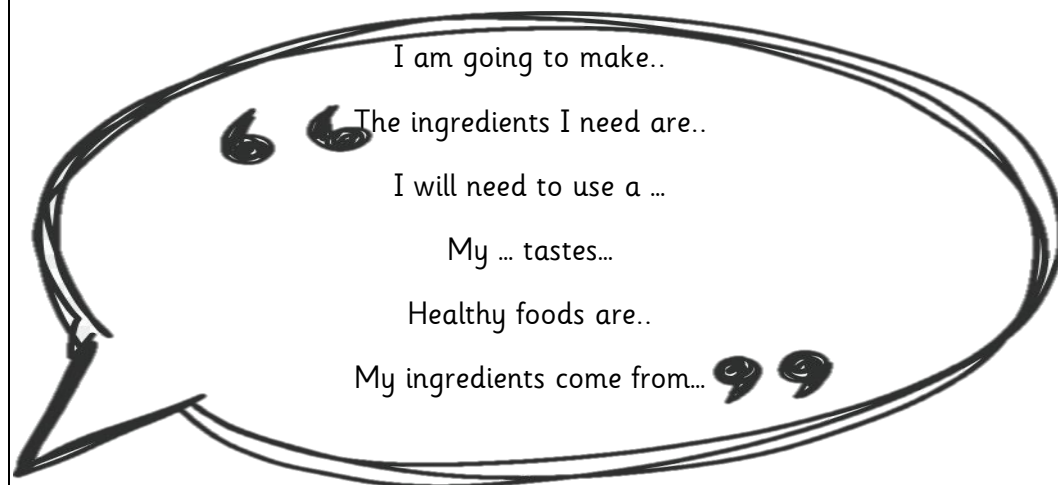
Design	Make	Evaluate
Design appealing products for a particular user based on simple design criteria.	Select and use simple utensils, tools and equipment to perform a job e.g. peel, cut, slice, squeeze, grate and chop safely.	Taste, explore and evaluate a range of products to determine the intended user's preferences for the product.
Generate initial ideas and design criteria through own experiences.	Select from a range of ingredients according to their characteristics to create a chosen product.	Evaluate their ideas throughout and finished products against design criteria, including intended user and purpose.
Develop and communicate these ideas through talk and drawings.		

In Reception, you learnt how to;

- Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.
- Share their creations, explaining the process they have used.
- Understand the importance of healthy food choices

Key Learning

- Know that all food comes from plants or animals
- How to name and sort foods into the five groups in, 'The eatwell plate'
- Know that everyone should eat fruit and vegetables every day
- How to prepare simple dishes safely without using a heat source
- How to use techniques such as cutting and peeling



Health & Safety

Remove any jewellery and tie back long hair.

Wear an apron and roll up your sleeves.

Wash your hands with hot water and antibacterial soap.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods.

Check that food is cooked right the way through.

Check the dates on food, and check for allergies of those eating.

Make sure that you clean up properly after yourself.

