Design & Technology

Year 1: Autumn 1

Making Smoothies

Learning enquiry question: How can we make a smoothie that is healthy, tasty and appealing?

Key Vocabulary

Texture, food blender, prepare, chop, blend, recipe, hygiene, ingredients, knife

Prior Learning:

In Reception,

-Children learn about being healthy

-Children understand how to use tools safely (i.e. cutting and chopping)

By the end of this unit, I will be able to:	SA	TA
To understand where food comes from		
To know the difference between healthy and un-healthy choices		
Know the purpose of using different tools and how to use them safely		
Evaluate the taste and texture of my smoothie		



Where do fruit and vegetables come from?

-Organic– nothing has been added to help the plant grow.

-Local– from a nearby farm

-Imported– brought from far away and travels by boat, plain or train.

-Fruit develops from the flower of a plant and contains seeds

-Vegetables grow from different parts of a plant

Understand Healthy Eating

To be healthy means that you:

-Eat a varied diet (lots of different types of food).

-Eat healthy foods like fruits and vegetables.

-Drink plenty of water each day

-Make healthier choices; such as choosing to eat an apple instead of crisps.



Less time spent on screens & more time exercising

Understanding the Safety of Using Tools & What tools to Use

Chopping Board

knife,

blender,



