



Knowledge Organiser: YEAR 1 Design Technology

Cooking and nutrition: Healthy sandwiches

What I should already know:

That there are different types of healthy and unhealthy foods.

How to make healthy food choices

How to safely use and explore a variety of materials, tools and techniques.

How to share my creations, explaining the processes I have used.



Where food comes from

Food Source

A food source is the place where food comes from. Food comes from plants and animals.



- Eggs come from chickens.
- Fruit and Vegetables come from all different plants.
- Milk, butter and cheese comes from cows.
- Meat comes from animals.



From Source to Plate

- In order for us to eat food we need to grow, raise or catch it.
- Grow it - we can grow plants and trees.
- Raise it – We can raise animals.
- Catch it – We can catch fish.



Technical knowledge and skills

Explore and evaluate the taste and appearance of a range of different sandwiches and wraps.

Choose appropriate ingredients to make a sandwich.

Select and use a range of different appropriate tools to make a wrap or sandwich.

Use the correct techniques to make sandwiches/wraps ie spreading, cutting, slicing and grating.

Know how to prepare simple dishes safely and hygienically using a heat source.



KEY VOCABULARY

Design- The process of planning something.
Slider Something that can be moved back and forth.

Peel- To pull away the outer skin of a fruit.

Slice- To cut into thin flat pieces.

Cut/chop- To separate something with a sharp tool into smaller pieces.

Healthy foods- Foods from all 5 food groups: fruit, vegetables, grains, proteins and dairy

Grate- To cut food into small parts using a tool

Claw grip- A safe way of holding food whilst they are being cut

Ingredients- A food or product that is combined to make a particular dish.

Taste- The sensation of flavour in the mouth.

Arrange- Put things in a required order.

I will be learning to:

Design

Know what products I am designing and making.

Use simple design criteria to help develop my ideas.

Use knowledge of existing products to help come up with ideas.

Develop and communicate ideas by talking and drawing.

Make

Select from a range of tools and equipment, explaining my choices.

Follow procedures for safety and hygiene.

Evaluate

How to prepare simple dishes safely and hygienically, without using a heat source.

How to use techniques such as cutting and grating.

