

Food- Preparing and combining foods

What should I already know?

- We must eat a balanced diet to stay healthy.
- Plants need sunlight and water to grow.
- Fruits and vegetables form part of a healthy diet.

Key Vocabulary

Vegetable	Any part of a plant that you can eat.
Fruit	The part of a plant that has the seeds in.
Ingredients	The foods needed to make a recipe.
Juice	To get the juice out of a fruit or vegetable.
Juicer	Something used to get juice from a fruit.
Seed	New plants grow from it.
Leaf	The flat green part of a plant that grows from a branch or stem.
Root	Part of a plant that takes water and other things from the soil.
Stem	The long, thin part of a plant that holds it up.

Key Objectives I will learn

Design purposeful, functional, appealing products for myself and other users based on design criteria.

Generate, develop, model and communicate their ideas through talking, drawing, templates, mock- ups and, where appropriate, information and communication technology

Select from and use a range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing].

Select from and use a wide range of materials and components, including construction materials, textiles and ingredients, according to their characteristics.

Evaluate ideas and products against design criteria

Use basic principles of a healthy and varied diet to prepare dishes.

Understand where food comes from.

