

Year group:
Year 1



Term: Autumn

Food

National Curriculum: Use basic principles of a healthy and varied diet to prepare dishes.
Understand where food comes from.

Key Knowledge and skills

Cut, peel and grate ingredients safely and hygienically.

Measure and weigh using measuring cups or electronic scales.

Assemble or cook ingredients.

To understand the food hygiene procedure before cooking (clean and tidy cooking area, wash hands, remove jewellery, put an apron on, tie back long hair).

To understand the food hygiene procedure after cooking (clean down surfaces, put ingredients away, for example in a fridge, wash equipment in warm water and washing up liquid and dry well).

To use cooking equipment and tools safely, for example, grater, peeler and knife.

To understand what food groups there are and what it means to eat healthy, balanced diet.

To understand age-appropriate information about their food and how it is grown or made, for example where chocolate comes from for chocolate chips.

Vocabulary

Hygiene	Keeping clean and healthy and free from germs.
Fruit	The seed container which grows on plants
Vegetable	Part of a plant that people eat.
Recipe	A list of ingredients and instructions for preparing and cooking food.
Scales	A machine for weighing things.
Vitamins	Substances which are found in foods which the body needs to keep healthy.
Balanced diet	A diet which has all the right kinds of foods for being healthy.
Grater	A kitchen utensil with sharp holes used for grating.

Evaluate

Would you change your fillings and why?

Which fillings did I like the most?

Were you able to use the preparation techniques chop, spread fold and cut?

Would you slice or prepare the ingredients differently next time?

If you could change or add an ingredient in your wrap to improve it, what would use?

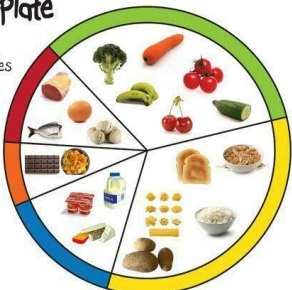
Outcome

To follow a recipe to make healthy carrot cookies for healthy food party.



A Balanced plate

- Fruit and vegetables
- Grains, cereals and potatoes
- Dairy products
- Meat, fish, nuts and eggs
- Fats and sugars



Grate



Peel



Mix



Cutting (Claw technique)



Cutting (Bridge technique)



Bridge hold