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| St Julie Catholic Primary School - DT | | |
| DT – Spring Term | Year: 1 | **Unit Title: Food: Garden Salad** |



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| Vocabulary | |
| **explore** | Look carefully and investigate to understand |
| **grate** | Cut food into tiny pieces by rubbing on a grater |
| **peel** | Remove the skin from fruit and vegetables. |
| **healthy** | Being fit and well |
| **ingredients** | Parts of a recipe or mixture |
| **claw grip** | A common method used when cutting to protect fingers. |
| **bridge hold** | A common method especially used when cutting rounded foods. |

**What should I already know?**

Children will have made fruit salads in Reception Class. They will be familiar with the names of some fruit and vegetables.

**Prior Vocab:**

design, evaluate.

**Can I make a healthy garden salad for a lunchbox?**





**Jamie Oliver**

**A picture containing indoor, person, table

Description automatically generated**

- British celebrity chef.

-known for his television shows, cook books and retaurants.

- Practised cooking in his parent’s restaurant when he was younger.

- Started his ‘school dinners’ campaign in 2005 to improve the quality of food fed to pupils in schools.

**Common methods when cutting foods**

A picture containing text, orange

Description automatically generatedA person cutting cucumbers

Description automatically generated with medium confidence

Claw grip Bridge hold

**Curriculum links:**

**PSHE**: Keeping healthy including what we eat and personal hygiene.

**Science:** Animals including humans; omnivores/ senses.

**Skills recap:**

-Designing for a purpose (Who is the product for?)

-Importance of personal hygiene and food handling

**DT Skills:**

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

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

- Explore and evaluate a range of existing products

- Evaluate their ideas and products against design criteria.

**How do I create a garden salad?**

1 -Can I think of healthy ingredients to use in my salad?

2 -Can I explore, taste and describe a variety of fruit and vegetables?

3 -Can I plan my garden salad?

4 -Can I make a garden salad?

5 -Can I evaluate the salad making process?



