

Design Technology Year 2 Preparing Salads Autumn Term

Prior Learning: In Year R children will have: Safely used and explored a variety of materials, tools and techniques, experimenting with design, texture, form and function.

Cross Curricular Links – PE – Keeping healthy Science – balanced diet
introducing vegetables alongside fruit

Meet a famous chef:

Jo Wicks is a body coach who has also made some recipe books to teach adults and children how to make healthy recipes.



2. **TWAL: to prepare a range of vegetables.**

We will recap the utensils we know how to use in the kitchen, such as knives and chopping boards and revise how to use them safely. We will also learn about how to use a grater and peeler, as well as learn more about health and safety in the kitchen.



You should wash your hands and the vegetables before you start preparing them.



1. **TWAL: to understand a design brief**

2. **TWAL: the components of a healthy diet**

We will be given the design brief of creating a healthy salad for Sainsburys!
We will define what a vegetable is and compare them to fruit.
We will find out more about the role of vegetables in a healthy diet. We will find out the different ways vegetables are grown.



Vegetables comprise of roots, buds, stems and leaves.



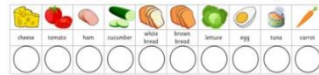
5. **TWAL: to create our salads.**

We will remind ourselves safely cutting, grating and peeling. We will recap our learning about food safety, and make sure our space is hygienic. We will then follow our design to create a healthy salad! We will make sure to use the measurement/amounts we put in our recipe!



4. **TWAL: to evaluate a range of foods that could go in to our salad**

We will look at some pre packed supermarket salads and discuss ingredients including those that are vegetables
We will explore a variety of ingredients and consider how suitable they will be in a salad. We will consider taste, smell, and feel. We will make notes on which ingredients we like and dislike



Ingredients are any of the foods or substances that are combined to make a particular dish.

6. **TWAL: to evaluate our food.**

We will evaluate our salad and decide what we liked, what skills we have learned and what we will improve next time.



Great designers can say what they like and what they would do better next time!



3. **TWAL: to create a design for our healthy salad**

We will use our knowledge of tasty salad ingredients we have experimented with and our design brief to plan our recipe for a salad. We will draw a diagram and include how much of each ingredient we would like to use. We will discuss how we will make our salads and record some simple instructions.



Great designers make sure their designs fit the brief!



Words we will know!

