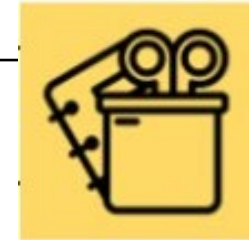




Objectives and Sticky Knowledge



Previous Knowledge Recap:

To prepare, chop and blend fruit/veg
 To trial and explore combinations or ingredients
 To describe texture and taste and specify favourite smoothie combinations

Land Objectives and Sticky Knowledge:

Plan and design a meal.	Know how to chop and slice safely using a bridge or claw grip.	Trial and feedback on food tastes, textures and aroma.	Identify the food groups, understanding what makes a balanced diet
<ul style="list-style-type: none"> • I know that the most ideal ingredient combinations for my wrap will contain foods from more than one food group • I can design three possible wraps based on these combinations • I can choose one of these to make as my 'Final Design' • I know how to review my design 	<ul style="list-style-type: none"> • I know how to slice food safely using the bridge or claw grip • I can prepare food safely • I can make a healthy wrap 	<ul style="list-style-type: none"> • I know how to experience food through touch and smell • I can consider and review food combinations 	<ul style="list-style-type: none"> • I know what 'hidden sugars' are • I know where to find the nutritional information on a drink's container • I know that there are five food groups, made up of: <ul style="list-style-type: none"> • fruit and vegetables, starchy carbohydrates, proteins, dairy, oils and spreads • I know roughly how much of each food group I should eat each day

Links with 'Communication' Golden Thread:

Links with CST and CKA Values Crown:



Year 2 D&T – Balanced Diet

Alternative	Changing an ingredient to something different. For example using diet cola instead of full sugar cola or eating a piece of fruit instead of a bag of crisps.
Diet	The food and drink that a person or animal usually eats.
Balanced diet	Eating a variety of foods from all five different food groups.
Evaluation	When you look at the good and bad points about something, then think about how you could improve it.
Expensive	Something that costs a lot of money.
Healthy	When everything in your body and head feels good.
Ingredients	Items that make up a mixture e.g. foods that make a recipe.
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Packaging	The packet or container, which holds a product safe, ready to be sold. It has information on about the product.
Refrigerator	A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.
Sugar	An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.

Golden Thread: Communication



The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



Hidden sugars: Many unexpected food products can have high amounts of **sugar** such as pasta sauces and fizzy pop.

A jar of tomato pasta sauce	One plain white bagel	One granola bar	Fruit fromage frais pot
			
			
20 grams	6 grams	8 grams	10 grams

Sky Objectives:

- Generate and communicate ideas using sketching and modelling.
- Make a structure according to a design criteria.
- Evaluating own design against a design criteria given.