

Design and Technology Year 1

Cooking and Nutrition



What knowledge and skills will I have developed by the end of this unit?

- I can identify and describe familiar fruits and vegetables
- I can identify parts of fruits and vegetables, such as the skin, flesh and seeds
- I can explore fruits and vegetables using my senses
- I can work safely and hygienically with food and tools.
- I can understand that fruits and vegetables are an important part of a healthy diet

Eat More Fruits and Vegetables

What should I already know?

I have a healthy diet and understand the need for variety in food.

I understand that being hygienic helps to keep me healthy.

Vocabulary

hygiene	being clean to help stop disease spreading
equipment	knives, forks, spoons, scissors and graters are all tools that can help to prepare food
diet	the kind of food a person usually eats



Aprons must be worn to protect clothes and to stop the spread of bacteria.

Equipment must be kept clean and tidy. No spoon or knife licking!

Hands must be washed before handling food and kept clean.



Long hair must be tied back.

Cuts and grazes must be covered up with a plaster or dressing.



Surfaces must be kept clean and tidy.



Do not cough or sneeze over food preparation areas.