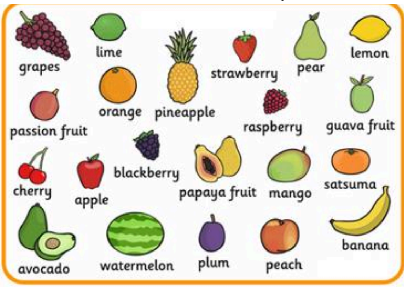


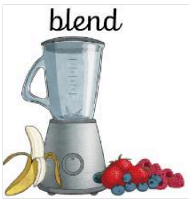


Caroline Haslett Primary School - DT

Topic: Cooking and nutrition

Year 1 - Spring term

Fruit Smoothie

Knowledge	Vocabulary
<ul style="list-style-type: none"> • A smoothie is a thick and creamy beverage made from pureed raw fruit, vegetables and sometimes dairy products. • Puree-a smooth cream of liquidised or crushed fruit or vegetables. • Food comes from various places in the world and grows in different ways. 	<ul style="list-style-type: none"> • Smoothie-thick, creamy drink made from raw fruit/veg. • Puree-cream of liquidised or crushed fruit/veg. • Blender-an electric mixing machine. • Origin-where something comes from. • Taste-a flavour in your mouth when eating or drinking. • Texture-consistency of a product. • Hygiene-keeping things clean. • Measure-the size of something. • Slice-a piece of food cut from a larger piece. • Peel-remove the outer skin from fruit or vegetable.
Design, make, evaluate	
<ol style="list-style-type: none"> 1. Look at fruit/vegetable packaging to discover the origin. 2. Generate ideas from previous experiences. 3. Design a smoothie to be part of a healthy lunch. The smoothie must be refreshing and contain at least two fruits or vegetables. 4. Consider hygiene, (hand washing and clean surfaces) and select appropriate tools/utensils (safe handling) and equipment to make their smoothie. <div data-bbox="177 1310 595 1462" style="background-color: #008000; color: white; padding: 10px; display: inline-block;"> <p>Make sure your hands are dry before using the blender.</p> </div> <div data-bbox="627 1310 1066 1462" style="background-color: #ffff00; padding: 10px; display: inline-block;"> <p>Make sure the blender always has the lid secure before it is turned on.</p> </div> <ol style="list-style-type: none"> 5. Evaluate. Children describe likes/dislikes (taste and texture) and evaluate against the design brief. 	
Skills	
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>slice</p>  </div> <div style="text-align: center;"> <p>peel</p>  </div> <div style="text-align: center;"> <p>blend</p>  </div> </div>	

Skills	
Design	<p>Have their own ideas.</p> <p>Explain what they want to do.</p> <p>Explain what their product is for.</p> <p>Use pictures and words to plan.</p> <p>Design a product for themselves following design criteria.</p> <p>Research similar existing products.</p>
Make	<p>Explain what they're making and why.</p> <p>Consider what they need to do next.</p> <p>Select tools/equipment, and explain choices.</p> <p>Work in a safe and hygienic manner.</p>
Evaluate	<p>Talk about their work, linking it to what they were asked to do.</p> <p>Talk about existing products considering: use and audience.</p> <p>Talk about existing products, and say what is and isn't good.</p> <p>Talk about things that other people have made.</p> <p>Begin to talk about what could make the product better.</p>
Cooking and Nutrition	<p>[Fruit smoothie]</p> <p>Describe textures.</p> <p>Wash hands & clean surfaces.</p> <p>Say where some foods come from, (i.e. plant or animal).</p> <p>Describe differences between some food groups (i.e. sweet, vegetable etc.).</p> <p>Discuss how fruit and vegetables are healthy.</p> <p>Weigh using cups.</p> <p>Cut, peel, slice and blend safely, with support.</p>