

# COOKING & NUTRITION: HEALTHY SALAD

Design, make and evaluate a healthy salad (**product**) for our families (**user**) to enjoy as part of health and varied diet (**purpose**).

*Key Focus: Preparing Fruit and Vegetables*



## KEY KNOWLEDGE AND SKILLS

- Understand where a range of fruit/vegetables come from e.g. locally grown or from another part of the world.
- Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruits are part of *The Eatwell Plate*.
- Know and use technical and sensory vocabulary relevant to the project (e.g., crunchy, juicy, sweet, sharp, sour).
- Know that all food comes from plants or animals.
- Know that food has to be farmed, grown elsewhere (e.g. home) or caught.
- Know how to name and sort foods into groups.
- Know that everyone should eat at least five portions of fruit and vegetables every day.
- Know how to prepare simple dishes safely and hygienically, without using a heat source.
- Know how to use techniques such as cutting and slicing.

## RELEVANT PRIOR LEARNING / UNITS

- REC: Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell.
- REC: Experience of cutting soft fruit and vegetables using appropriate utensils.
- Y1 Cooking and Nutrition (Preparing fruit and vegetables): Fruit kebab

**NAME:** \_\_\_\_\_