

Making Healthy Snacks : DT : Year 1/2

	Learning Objective	Overview	Assessment Questions	Resources
Lesson 1	To identify a range of fruit and vegetables and find out where they grow.	In this first lesson, children will name different fruits and vegetables, learn the difference between them, and find out why they are important for health. They will explore where fruits and vegetables grow (underground, on the ground, on bushes or trees) and learn that some grow in the UK while others need warmer weather. Children will consolidate this learning in their independent activities.	<ul style="list-style-type: none"> Can children identify a variety of common fruits and vegetables? Do children understand that different fruits and vegetables grow in different places, e.g. underground, on the ground, in bushes or on trees? Can children name some fruits and vegetables that grow in the UK, and some that grow in hotter countries? 	<ul style="list-style-type: none"> Slides Picture Cards Small basket or box to store Picture Cards in Venn Diagram Sheet Worksheet 1A Teacher Reference Sheet What Am I? Clue Cards (FSD? activity only) What Am I? Answer Sheet (FSD? activity only) What Am I? Picture Cards (FSD? activity only)
Lesson 2	To examine, taste and describe a variety of fruits and vegetables.	Children will learn what a taste test is and understand that chefs, scientists and food companies use taste tests to choose the best ingredients. As a class, they will explore sensory vocabulary to describe appearance, smell, taste and texture. Children will then complete a taste-testing table by trying bite-sized pieces of real fruit and vegetables.	<ul style="list-style-type: none"> Can children describe how different fruits and vegetables look, smell, taste and feel? Can children express which fruits or vegetables they like or dislike and explain why? Can children use sensory vocabulary (e.g. crunchy, sweet, juicy, soft) to compare different fruits and vegetables? 	<ul style="list-style-type: none"> Slides Selection of bite-sized fruits and vegetables Teacher Help Sheet Napkins, water Taste Testing Sheet 2A/2B/2C Sensory Word Bank Fruit and Veg Detectives Basket (FSD? activity only) Fruit and Veg Detectives Sheet (FSD? activity only)
Lesson 3	To know how to cut fruit and vegetables safely.	In this lesson, children will build on their knowledge of fruits and vegetables by learning how to cut them safely using the bridge hold and claw grip. They will be reminded of the importance of hygiene, including washing hands and cleaning surfaces before preparing food. Children will then practise these cutting methods themselves, working at an appropriate level of support based on their ability.	<ul style="list-style-type: none"> Do children follow basic hygiene rules before and after handling food? Can children demonstrate safe use of a knife using the bridge hold or claw grip? Can children identify or explain what makes a cutting technique safe or unsafe? 	<ul style="list-style-type: none"> Slides Child-safe knives (plastic or serrated with rounded tips) Chopping boards (one per child or pair) Bowls/plates for cut fruit/veg Selection of soft, safe fruits and vegetables Teacher Help Sheet Bridge Hold and Claw Grip Instruction Sheet
Lesson 4	To design a healthy fruit or vegetable snack.	In this lesson, children will explore examples of healthy fruit and vegetable-based snacks and discuss the colours, textures and patterns they can see. Children will then design their own healthy fruit or vegetable kebab by selecting their favourite ingredients, thinking about how the flavours and textures go together, and arranging them creatively on a skewer.	<ul style="list-style-type: none"> Can children select a variety of fruits or vegetables for a healthy snack? Can children explain their ingredient choices using sensory or colour vocabulary? Can children create a labelled design that shows a clear plan for their snack? 	<ul style="list-style-type: none"> Slides Teacher Notes Design Criteria Cards Sensory Word Bank Design Sheet 4A/4B/4C Client Cards (FSD? activity only) Design Sheet 4D (FSD? activity only)
Lesson 5	To make and evaluate a healthy fruit or vegetable snack.	In this final lesson, children will begin by recapping key learning from the unit, including hygiene routines, safe cutting skills and knife safety. They will then follow their own designs to make a healthy fruit or vegetable kebab. Once finished, children will taste and then evaluate their finished product against the original design criteria.	<ul style="list-style-type: none"> Can children follow their design plan to make a fruit or vegetable kebab using appropriate cutting and food-handling skills? Do children recognise and explain how their kebab meets (or does not meet) the design criteria? Can children evaluate their finished kebab by completing sentence starters using simple vocabulary? 	<ul style="list-style-type: none"> Slides Child-safe knives (plastic or serrated with rounded tips) Chopping boards (one per child or pair) Bowls/plates for cut fruit/veg Selection of soft, safe fruits and vegetables Plastic or wooden skewers with rounded ends Design Sheets from the previous lesson Design Criteria Cards Bridge Hold and Claw Grip Instruction Sheet

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KS1 DT Curriculum Objectives

- design purposeful, functional, appealing products for themselves and other users based on design criteria
- generate, develop, model and communicate their ideas through talking, drawing, templates, mock-ups and, where appropriate, information and communication technology
- select from and use a range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing]
- select from and use a wide range of materials and components, including construction materials, textiles and ingredients, according to their characteristics
- evaluate their ideas and products against design criteria
- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from

Teacher notes

Vocabulary

Fruit, vegetable, healthy, rainbow diet, plants, underground, on the ground, bushes, vines, trees, greenhouses, allotments, farms, harvested, ripe, weather, taste test, appearance, smell, taste, texture, colourful, bright, shiny, dull, pale, patterned, speckled, strong, mild, fruity, fresh, earthy, zesty, sweet, sour, bitter, salty, tangy, refreshing, bland, spicy, crunchy, soft, smooth, chewy, juicy, hard, crisp, cutting, knife, handle, blade, blunt, sharp, bridge hold, claw grip, fork secure method, snack, kebab, skewer, design criteria.