






Y1 Thinking like an engineer

Make a healthy snack to a child to eat at a class picnic

Key Knowledge:

Food Processing Equipment

Utensil	Food	Effect	Mouth feel
Juicer 	Orange	Makes juice	Liquid
Peeler 	Apple	Unpeeled apple	Crunchy
Knife 	Carrot	Thin rings	Crispy hard



Peeling



Cutting



Slicing



Grating



Squeezing

Vocabulary

Fruit	Plant of tree's edible seed
Vegetable	Plant used for food
Nutrients	Things in food that the body needs to be healthy
Pith	Soft white lining inside fruit such as oranges
Salad	Cold dish of fresh/cooked vegetables or fruit
Sensory evaluation	Testing food using sense to evaluate qualities such as taste, smell, texture and appearance

To prepare food safely:

- Jewellery is removed
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- Hands are washed
- Cuts are covered with blue waterproof dressing .

Learning Questions

What makes a tasty fruit salad?

How do I cut fruit safely?

What do different fruits taste like?

Using what I know, can I design my own healthy fruit salad?

Was the project successful?

What else do you know?