

Year 1 and 2 — Where can we find the big five? Children will design, make and evaluate a fruit smoothie.

### What should I already know?

- I can design a purposeful, functional and appealing product.
- I can develop, model and communicate my ideas through talking,

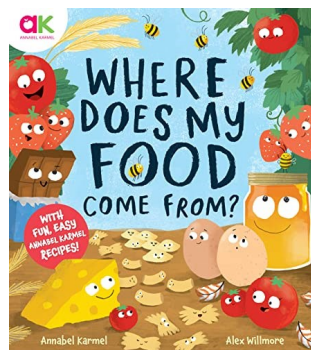
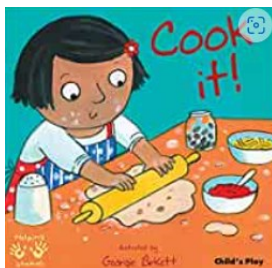
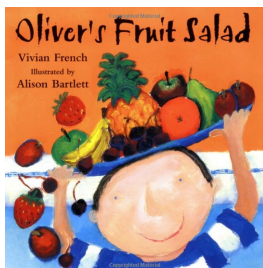
### Key Vocabulary

**Key Vocabulary:** healthy, varied, diet, prepare, knife, chopping board, utensil, cut, peel, grate, safely, hygienic, measure, weigh, criteria, design

### Resources to help me with my learning!

[Fun Fruit Facts for Kids \(easyscienceforkids.com\)](http://easyscienceforkids.com)

[KS1-Cooking and nutrition | STEM](#)



### What will I know by the end of this unit?

- I know that I need to eat a balance of different foods to keep me healthy.
- I know which foods are made from plants and which are from animals.
- I know I can book ingredients together to create a dish e.g fruit salad
- I know that I should only use a sharp knife when I am with an adult.
- I know that when I use kitchen utensils I must use them safely.

