

# Food and Nutrition: Year 1 – Autumn Term

## How can we prepare ingredients for a sandwich?

### Prior Learning

- I have used food preparation skills.
- I have evaluated the taste and texture of different foods.

### Sticky Knowledge

- I know where some fruits and vegetables come from e.g. farmed or grown at home.
- I can taste and evaluate a range of sandwiches to find out what my user would like.
- I can design an appealing product for my user based on sensory evaluations, talking and sharing my ideas.
- I can use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.
- I can talk about what went well and what my user would like about it.

### What skills will we use?



Bridge Grip



Claw Grip



Slice







Peel



Grate

### Where does our food come from?

Food that is farmed (animals)	
Food that is farmed (crops)	
Food that is grown elsewhere (e.g. home)	
Food that is caught	





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## How can we prepare ingredients for a sandwich?

### Vocabulary

<b>Crops</b>	Plants that farmers grow for food, like corn or wheat.
<b>crunchy</b>	Something that makes a loud sound when you bite it, like a chip or an apple.
<b>Cutting</b>	Using something sharp, like a knife, to make food into smaller pieces.
<b>Design</b>	A plan or idea of what the product will be like and how it will function.
<b>Evaluate</b>	I can talk about what is good about a product and ways it can be improved.
<b>Fish</b>	Animals that live in water and have fins and scales, like a goldfish or a tuna.
<b>Fruit</b>	A sweet part of a plant that has seeds, like an apple or a strawberry.
<b>Grater</b>	A grater is a tool with tiny holes and rough edges that you use to shred food like cheese or carrots into little pieces.
<b>hard</b>	Something that is not soft and is difficult to bend or squeeze, like a rock or a nut.
<b>Hygienic</b>	Hygienic means keeping things clean and free from germs, so they're safe and healthy to touch or eat.
<b>Juicy</b>	Something that has a lot of liquid inside, like an orange or a watermelon.
<b>Knife</b>	A knife is a tool with a sharp edge used for cutting things, like vegetables or fruits.
<b>Meat</b>	The part of animals that people eat, like chicken or beef.
<b>Peeler</b>	A peeler is a tool used to take off the skin of fruits and vegetables, like peeling a potato or a carrot.
<b>peeling</b>	Taking off the outside skin of something, like a banana or a potato.
<b>Planning</b>	Thinking about something before doing it
<b>Slicing</b>	Cutting something into thin, flat pieces, like slicing bread.
<b>Soft</b>	Something that feels squishy and easy to press, like a pillow or a marshmallow.
<b>Sweet</b>	A taste that is sugary and yummy, like candy or a ripe peach.
<b>User</b>	Someone who uses or plays with something, like a person who plays with a toy or works on a computer.
<b>Vegetable</b>	Plants that people eat, like carrots or broccoli, that are usually not sweet