



Subject: DT	Year group: 1 Term: Spring 2	Title: Mr McGregor's Garden
What should I know? • The importance of a healthy diet • How to manage basic hygiene i.e. handwashing • How to use simple tools safely and appropriately 	Facts I will learn ... • The difference between fruits and vegetables • Which fruits complement each other in a fruit salad • The importance of healthy eating to a healthy lifestyle • How packaging can be used to make products more appealing to customers 	Key questions ... • Product - what meal could we make? • Purpose – what mealtime can we prepare for? Breakfast, Lunch or Dinner? • User - who is going to enjoy it? • How do we prepare a fruit salad hygienically? • How do we cut, peel, grate and chop fruits safely? 

Key Skills... - Evaluating existing products - Designing a product based on existing products and their own ideas - Selecting ingredients for a fruit salad - To group fruits and vegetables - To cut, peel, grate and chop a range of ingredients - To work safely and hygienically - Evaluating my own and others' work 	Experiences that school may provide: Visit to Tesco Farm to Fork 	<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>Healthy</td><td>Being free from sickness; well; fit.</td></tr><tr><td>Unhealthy</td><td>In bad health; ill.</td></tr><tr><td>Hygiene</td><td>The practice of keeping clean to stay healthy.</td></tr><tr><td>Product</td><td>Something made by means of either human work or that of a machine.</td></tr><tr><td>Purpose</td><td>A reason or plan that guides an action; design or goal.</td></tr><tr><td>Ingredients</td><td>One of the parts of a mixture.</td></tr></table>	Key vocab	Definition	Healthy	Being free from sickness; well; fit.	Unhealthy	In bad health; ill.	Hygiene	The practice of keeping clean to stay healthy.	Product	Something made by means of either human work or that of a machine.	Purpose	A reason or plan that guides an action; design or goal.	Ingredients	One of the parts of a mixture.
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Web links https://www.nhs.uk/change4life/food-facts https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating%20games	Experiences that could be provided at home... • Make a healthy meal • Write a shopping list for fruits and vegetables • Have a go at planting some fruits and vegetables at home	
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