



Big Question:

What makes a healthy lunch?

Key Vocabulary:

Diet: The food that is eaten by a person or another living thing.



Evaluate: Explain the strengths and weaknesses



Healthy: To not be sick.



Hygienic: The way we care for our bodies by keeping clean and stopping germs making us poorly.



Ingredients: Different parts of a meal or recipe.



Improve: Make something better



Prepare: Get ready



Tool: Something that is usually held with the hands and helps someone to do a job.



New knowledge that will help me answer the big question:

To keep clean and hygienic when preparing food, you need to wash hands, clean surfaces, tie long hair back and wipe up anything you spill.



Knowledge from Y1 that will help me answer the big question:

- Design criteria is what a product needs to do.
- Some foods come from animals. Some foods come from plants.



- Fruit and vegetables are an important part of a healthy diet. You should eat five portions of fruit and vegetables each day.



New knowledge that will help me answer the big question:

A healthy diet should include:

- Starchy foods
- Dairy foods
- A small amount of fat
- Plenty of fruit and vegetables

Finished products can be compared to the design criteria to see how closely they match.

New knowledge that will help me answer the big question:

There are lots of ways to prepare ingredients:

- Peeling skins using a vegetable peeler.
- Grating hard ingredients.
- Chopping vegetables
- Slicing foods, such as bread

New knowledge that will help me answer the big question:

Food comes from animals and plants:

- Cows provide beef
- Sheep provide lamb
- Pigs provide pork, ham and bacon.
- Milk comes from cows, goats and sheep.
- Eggs come from birds like chickens.
- Honey is made by bees.
- Fruit and vegetables come from plants.
- Oils are made from parts of plants.
- Sugar is made from plants.
- Plants also give us nuts.

As a designer, the essential knowledge I need to answer the big question is:	Date
A healthy diet should include meat or fish, starchy foods (such as potatoes or rice), some dairy foods, a small amount of fat and plenty of fruit and vegetables.	
Food comes from two main sources: animals and plants.	
Generate and communicate their ideas through a range of methods.	
Select the appropriate tool for a task and explain their choice.	
There are many ways to prepare ingredients: peeling skins using a vegetable peeler, such as potato skins; grating hard ingredients, such as cheese or chocolate; chopping vegetables, such as onions and peppers and slicing foods, such as bread and apples.	
Finished products can be compared with design criteria to see how closely they match. Improvements can then be planned.	
Hygiene rules include washing hands before handling food, cleaning surfaces, tying long hair back, storing food appropriately and wiping up spills.	