



Design and Technology

Year 1 – Cooking and Nutrition - Smoothies		
Prior Learning	Year 1	Future Learning
In EYFS, children will:	In Year 1, children will:	In Year 2, children will:
Design - Designing a soup recipe as a class. - Designing soup packaging.	Design - Designing smoothie carton packaging by hand.	Design - Designing three wrap ideas based on a food combination - which work well together.
Make - Chopping plasticine safely. - Chopping vegetables with support.	Make - Chopping fruit and vegetables safely to make a smoothie. - Juicing fruits safely to make a smoothie.	Make - Chopping foods safely to make a wrap. - Constructing a wrap that meets a design brief. - Grating foods to make a wrap. - Snipping smaller foods instead of cutting.
Evaluate - Tasting the soup and giving opinions. - Describing some of the following when tasting food: look, feel, smell and taste. - Choosing their favourite packaging design and explaining why.	Evaluate - Tasting and evaluating different food combinations. - Describing appearance, smell and taste. - Suggesting information to be included on packaging. - Comparing their own smoothie with someone else's.	Evaluate - Describing the taste, texture and smell of fruit and vegetables. - Taste testing food combinations and final products. - Describing the information that should be included on a label. - Evaluating food by giving a score.
Technical Knowledge - To know that soup is ingredients (usually vegetables and liquid) blended together. - To know that vegetables are grown. - To recognise and name some common vegetables. - To know that different vegetables taste different.	Technical Knowledge - To know that a blender is a machine which mixes ingredients together into a smooth liquid. - To know that a fruit has seeds. - To know that fruits grow on trees or vines.	

- To know that eating vegetables is good for us. - To discuss why different packages might be used for different foods.	- To know that vegetables can grow either above or below ground. - To know that vegetables is any edible part of a plant - (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber).	Technical Knowledge - To know that 'diet' means the food and drink that a person or animal usually eats. - To understand what makes a balanced diet. - To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar. - To understand that I should eat a range of different foods from each food group, and roughly how much of each food group. - To know that 'ingredients' means the items in a mixture or recipe.	
	Vocab		
	Compare, cut, design, evaluate, flavour, fork, fruit, healthy, ingredients, juice, juicer, leaf, plant, recipe, root, seed, select, smoothie, stem, table knife, taste, tree, vegetable, vine		
Pupils who are secure will be able to:			
- Describe fruits and vegetables and explain how to identify fruits. - Name a range of places that fruits and vegetables grow. - Describe basic characteristics of fruit and vegetables. - Prepare fruits and vegetables to make a smoothie.			
National Curriculum Subject Content			
Design	Make	Evaluate	Technical Knowledge
- Design purposeful, functional, appealing products for themselves and other users based on design criteria. - Generate, develop, model and communicate their ideas through talking, drawing, templates, mock-	- Select from and use a range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing]. - Select from and use a wide range of materials and components,	- Explore and evaluate a range of existing products. - Evaluate their ideas and products against design criteria.	- Build structures, exploring how they can be made stronger, stiffer and more stable. - Explore and use mechanisms [for example, levers, sliders, wheels and axles], in their products.

ups and, where appropriate, information and communication technology.	including construction materials, textiles and ingredients, according to their characteristics.		
Cooking and Nutrition			
- Use the basic principles of a healthy and varied diet to prepare dishes - Understand where food comes from.			