

# Design and Technology Medium Term Plan

## Year 1 Autumn Term 1

### How can we ensure that our sandwich is healthy?

#### Research

Where do different foods come from and what is a varied diet?

#### Research

How can we use tools to prepare foods?

#### Design

Design a sandwich which includes healthy ingredients

#### Make it

Gather ingredients and make a sandwich that is deemed healthy

#### Evaluate

Evaluate the sandwich against the original brief of being healthy and consider how we might change it

### Substantive Knowledge

- Know that meats and dairy are from animals
- Know that fruits and vegetables are from plants
- Know that we should eat a varied diet
- Know that the '**bridge**' and '**claw**' techniques are safe ways to cut/chop foods
- Know that a **knife**, **peeler** and **grater** are **tools** are used to prepare food
- Know that we need to wash our hands and keep surfaces/tools clean to prevent germs and be **hygienic**

### Disciplinary Knowledge

Designing	Making	Evaluating
<ul style="list-style-type: none"> <li>• Begin to research existing sandwiches before designing their own.</li> <li>• When researching, find out which ingredients are healthy.</li> <li>• Explain to someone else how they want to make their sandwich.</li> <li>• Begin to develop their own ideas through drawings, and where appropriate, make templates or mock ups.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to make sandwich, taking full account of cutting safely.</li> <li>• Find out who likes the various ingredients chosen.</li> <li>• With help, measure, mark out and cut ingredients.</li> <li>• Use tools safely (e.g. knife).</li> <li>• Begin to use simple finishing techniques to improve the appearance of their products (i.e. set it out on a plate properly).</li> </ul>	<ul style="list-style-type: none"> <li>• Explain what went well and not so well in the making of the sandwich they have made.</li> <li>• Begin to evaluate their sandwich as they are developed, identifying strengths and possible changes they might make.</li> </ul>
		<b>Food</b> <ul style="list-style-type: none"> <li>• Cut food safely.</li> <li>• Know that all food comes from either plants or animals.</li> <li>• Use basic food handling, hygiene practices and personal hygiene.</li> <li>• Know how to prepare simple dishes safely and hygienically without using a heat source.</li> <li>• Know how to use techniques such as cutting, peeling and grating.</li> </ul>

Resources and websites:	Vocabulary: (including definitions)	
<b>How to make a healthy sandwich clip:</b> <a href="https://www.youtube.com/watch?v=X23C8VjewgM">https://www.youtube.com/watch?v=X23C8VjewgM</a>	<b>Varied diet</b>	<b>Eating a variety of foods from different food groups</b>

### Twinkl healthy sandwich resources:

<https://www.twinkl.co.uk/resource/make-a-healthy-sandwich-activity-t-e-2552901>

#### Bridge and claw techniques

Ways to hold a knife to cut safely

#### Hygiene

Washing hands and cleaning surfaces to stop the spread of germs

#### Tools

Objects that we use to cut, chop, grate, peel foods (knife, peeler, grater)

### Prior Knowledge:

#### Reception

##### PSED – Managing Self

- Manage their own basic hygiene and personal needs, and understand the importance of healthy food choices

##### Physical Development – Fine Motor Skills

- Use a range of small tools, including cutlery

##### Expressive Arts and Design

- Share their creations, explaining the process they have used