



Year:	1	Unit:	Cooking and nutrition
Overview: Children handle and explore fruits and vegetables and learn how to identify which category they fall into, before undertaking taste testing to establish their chosen ingredients for the smoothie they will make a design packaging for.			

Key Vocabulary		Key skills		
		<i>Design</i>	<i>Make</i>	<i>Evaluate</i>
blender	A machine that mixes ingredients together into a smooth liquid	To design a smoothie	- Chopping fruit and vegetables safely to make a smoothie - Identifying if a food is a fruit or a vegetable - Learning where and how fruits and vegetables grow	- Tasting and evaluating different food combinations - Describing appearance, smell and taste - Suggesting information to be included on packaging
carton	A container made out of card which holds liquid products			
fruit	The part of a plant that contains seeds			
ingredients	Items that make up a mixture			
peel	The tough skin around certain fruits and vegetables			
peeler	A tool which helps you to remove the tough skin off fruits and vegetables			
recipe	A set of instructions for making or preparing a food item			
slice (verb)	To cut pieces off something with a knife			
smoothie	A combination of fruits and vegetables blended together to make a smooth drink			
vegetable	Parts of plants that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not contain seeds.			

Progression of knowledge and skills in cooking and nutrition

What should I already know? (EYFS)

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Fruits



Apples



Oranges



Strawberries



Bananas

Vegetables



Potatoes



Broccoli



Onions



Carrots

What will I learn in this unit? (KS1)

- Designing appealing products for a user; investigating fruit and vegetables and generating ideas; communicating through talk and drawings.
- Selecting a range of fruits and vegetables; using simple utensils and equipment.
- Tasting and evaluating user's preference; evaluating ideas and finished products against original criteria.
- Understand where ingredients come from and the basis of a healthy and varied diet.