



# Design Technology



## Knowledge organiser – Food – Healthy Pirate Sandwiches (KS1)

### What will we be learning?

#### Make a Healthy Sandwich for a Pirate!

**basic principles** – pupils in KS1 should name and sort foods into the five groups from The eatwell plate model. They should be taught that a healthy diet comprises food and drinks from the food groups and that everyone should eat at least five portions of fruit and vegetables every day.

**prepare dishes** – pupils in KS1 should make a range of simple dishes without a heat source e.g. dips, salads, sandwiches and fruit kebabs/salads.

**understand where food comes from** – pupils in KS1 should know that all food comes from plants or animals and that food has to be farmed, grown elsewhere (e.g. at home) or caught.

### Key knowledge

- I can group familiar food products e.g. fruit and vegetables
- I can cut, peel, grate, chop and melt a range of ingredients
- I can work safely and hygienically
- I can understand the need for a variety of foods in a diet
- I can measure and weigh food items, non-statutory measures e.g. spoons, cups and begin to use standard units of measure.
- I can talk about my designs as they develop and identify good and bad points
- I can talk about any changes made during the making process



### Key Vocabulary

Taste, smell, texture  
 Fruit, vegetable  
 Cut, peel, grate, chop, melt  
 Spoons, cups

### Possible Evidence

Can develop a food vocabulary using taste, smell, texture and feel  
 Can say what I like and do not like about items that I have made and attempt to say why  
 Can discuss how closely my finished products meet my design criteria