

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.

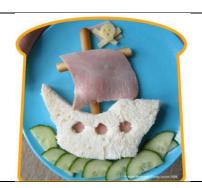
prepare dishes – pupils in KS1 should make a range of simple dishes without a heat source e.g. dips, salads, sandwiches and fruit kebabs/salads.

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