Unit 2 Salads **Year 1** **Term 2**

Purpose of Unit

In this Unit, children will be designing and making with food .They will be developing their understanding of the importance of healthy eating. They will make choices based on the properties of different fruit and vegetables in order to design and make a product to encourage them to eat more fresh fruit and vegetables.

Key Skills

Literacy
Children will develop their vocabulary to describe the appearance, taste, smell and texture of various fruits and vegetables. They will be taught appropriate vocabulary e.g. *peeling, slicing, squeezing.*

Numeracy
They will develop their mathematical vocabulary by using such words as – *share, whole, half, quarter*. They will be introduced to measuring liquids. Results of simple surveys can be recorded as pictograms.

ICT
With adult help, children might gather information to support their investigative work from CDRoms or from the Internet. Pictograms or pie-charts can be created using a suitable program.

Pupils will

- have discovered that there is a wide range of fruit and vegetables.
- have learnt that fruit and vegetables have to be prepared before they are safe to eat e.g. *by washing or peeling.*
- have learnt that fruit and vegetables have nutritional value and are an important part of our diet.
- have designed and made a salad.
- have evaluated their product against the design criteria.

Common Requirements

This unit will develop P.S.E. e.g. *the importance of healthy eating and personal hygiene.*

Health and safety

When carrying out a risk assessment for this activity, teachers will need to consider the materials, tools and equipment being used. Parental consent should be sought before tasting sessions to identify any dietary or cultural requirements e.g. *nut allergy.* Hygiene practices should be observed e.g. *surfaces cleaned down and wiped with antibacterial cleaner; a plastic table cover should be kept for food activities; aprons should be provided for food preparation; there should be access to hand-washing and washing-up facilities; there should be suitable storage for food.*