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| Design Technology FLE Y1/2 Keeping healthy |
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| **Knowledge** |
| Keeping healthy means caring for your body so you have enough energy to learn, play and grow. FF |
| All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. FF |
| Everyone should have their ‘5 a day’ – this means five portions of fruit and vegetables, to get the right amount of nutrients. FF |
| It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and salty foods can lead to heart disease. FF |
| Some vegetables grow above the ground and some grow below the ground. Common vegetables include carrots, potatoes and spinach. |
| Fruit usually grows on bushes and trees, Common fruits include apples, pears, grapes and bananas. |
| Some food is caught, for example, fish is caught in seas, rivers and lakes. |
| Before preparing food, you must wash your hands, remove jewellery and tie your hair up. FF |
| Use the bridge or claw method to safely prepare fruit and vegetables using a knife. |
| Remember to prepare food with an adult. |

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| **Exciting Books** |
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| **Subject Specific Vocabulary** |
| healthy | keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep |
| diet | the food and drink that a person or animal eats |
| nutrition | how a person or animal takes in and makes use of food and drink |
| hygiene | how we prepare food in order to stay safe and healthy |
| taste | to eat or drink a small amount of a food or drink to see what it is like |
| smell | what you notice about something when you breathe through your nose |
| peel | to take off the skin of a fruit or vegetable |
| chop | to cut something into pieces with a knife |

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| **Skills** |
| Identify the benefits of eating fruit and vegetables. |
| Follow basic safety rules. |
| Use ‘like’ and ‘dislike’ when evaluating and describing. |
| Use pictures, text and labels to describe and explain. |

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| Our EndpointTo prepare and make a healthy salad. |