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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. | | |  | | --- | | **Exciting Books** | |  | | | | | |  |  | | --- | --- | | **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 |  |  | | --- | | **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. | |
| Our Endpoint  To prepare and make a healthy salad. |