



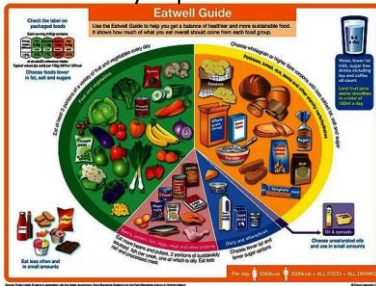
What should I already know?

- Some foods are **healthy** and some are **unhealthy**.
- Everyone should eat at least five portions of fruit and vegetables a day as part of a **healthy** diet.
- How to use some tools safely for example, knives to **chop**.

What will I know by the end of this unit?

Technical Knowledge

- You must always think about health, safety and **hygiene** when preparing or making food. It is very important to wash your hands before starting.
- There are 5 different food groups, which can be seen on the Eatwell Plate. We should eat more foods from some groups e.g. fruits and vegetables, and less from others e.g. oils and **spreads**.



- All food comes from plants or animals, and that food has to be farmed, grown in other places like home or caught.
- The best **ingredients** to use to make a **healthy sandwich**, and how these **ingredients** taste, smell, feel and what their texture is like.

Design and Technology: Skills and Enquiry

- Use a range of tools and equipment to make a simple dish without using a heat source.
- How to use different techniques such as cutting, peeling, grating, slicing and spreading.
- How to measure and weigh food items using non-standard measures e.g. spoons and cups.
- Talk about my design and why I have chosen **ingredients** and equipment.

Diagrams and Images



Exploded sandwich

What will I be able to do by the end of this unit?

Design

- Explore and evaluate a range of **sandwich** fillings, breads and **spreads**, thinking about the taste, texture and appearance of the different foods.
- Use what I have found from my investigation to design a **healthy sandwich**.
- Communicate ideas by labelling my design and identifying what **ingredients** and components I will need.
- Create a list of **ingredients** and tools needed for the final design.

Make

- Make a **healthy sandwich** whilst following food **hygiene** rules.
- Select and use a range of tools and equipment to help fill the **sandwich** e.g. knives to **spread**, tongs to pick up, scissors to **chop** salad.
- Use **ingredients** which were on the **sandwich** design.
- Place all **ingredients** on one side of the roll or bread.

Evaluate

- Say what I like about my **sandwich** and how it compares to my original design. Does it fit the design criteria?
- Say what I could do to improve my **sandwich**.
- Taste the **sandwich** and comment on the flavour and texture, as well as its appearance.
- Say what I like about other people's **sandwiches** and evaluate their product based on the original design.

chop 	To cut something into pieces.
ingredients	The different foods you use to make a meal.
healthy food 	Food that will help your body have good nutrition.
hygiene	Keeping clean (especially our hands) so the food is safe to eat.
sandwich	Two slice of bread or a bread roll with filling in the middle.
salad 	Different fruits and vegetables that can go in a sandwich e.g. lettuce, tomato, cucumber, onion.
spread 	Cover a surface with something using a knife e.g. butter or jam.
unhealthy food 	Food that we should not eat all the time to keep our bodies in good condition.

Health and Safety

Using a knife safely Cut using a bridge hold.	Wash your hands Keep food safe to eat.
	

