

Eat More Fruit and Vegetables : DT : Year 1

	Learning Objective	Overview	Assessment Questions	Resources
Lesson 1	To find out the favourite fruits and vegetables in the class and present the data in a pictogram.	Children to discuss and make lists of as many fruits and vegetables as they can. They will pick their favourite and then find out the most popular in class, presenting this data in a pictogram.	<ul style="list-style-type: none"> Can children identify and describe familiar fruits and vegetables? Can children gather data about the most popular fruits and vegetables? Can children present data in a pictogram? 	<ul style="list-style-type: none"> Slides Worksheet 1A/1B/1C/1D/1E/1F Squares of paper (FSD? activity only) Display board (FSD? activity only)
Lesson 2	To examine, taste and describe a variety of fruits and vegetables.	Children to look closely at a variety of different fruits and vegetables. They will use their senses to describe the different features of the fruits and vegetables as well as their sense of taste. The children will also discuss safety and hygiene in relation to food.	<ul style="list-style-type: none"> Can children identify different parts of fruits and vegetables, such as the skin, flesh and seeds? Can children explore a range of fruits and vegetables using their different senses? Can children draw, label and describe a variety of fruits and vegetables? 	<ul style="list-style-type: none"> Slides Variety of fruits and vegetables to examine Word Cards Worksheet 2A/2B Picture Cards (FSD? activity only) Challenge Cards (FSD? activity only)
Lesson 3	To find out how to handle and prepare a variety of fruits and vegetables.	Children to discuss and think about food preparation. They will be practising using different tools safely, and using the appropriate language associated with food preparation.	<ul style="list-style-type: none"> Can children identify ways of working safely with sharp objects such as knives and graters? Can children identify ways of working hygienically with food? Can children follow health and safety procedures when preparing food? 	<ul style="list-style-type: none"> Slides Variety of fruits and vegetables Knives, graters, chopping boards Access to kitchen sinks Worksheet 3A Challenge Cards (FSD? activity only)
Lesson 4	To be able to design a recipe to include fruit and/or vegetables.	Children to look at variety of different foods and the importance of eating more fruit and vegetables than certain other groups of foods. They will be challenged to design some new recipes only using fruits and vegetables, making sure they are colourful, tasty and healthy.	<ul style="list-style-type: none"> Do children understand that fruits and vegetables are an important part of a healthy diet? Can children design a salad or smoothie for a particular purpose? Can children identify what ingredients and tools they will need to make their salad or smoothie? 	<ul style="list-style-type: none"> Slides Worksheet 4A/4B/4C/4D Making a Salad sheet Picture Cards (FSD? activity only)
Lesson 5	To be able to make and evaluate a food product based on a design.	Children to recap and evaluate all they have learnt about fruits and vegetables. They will be recreating their recipe designs making sure they are being safe and hygienic.	<ul style="list-style-type: none"> Can children identify and follow rules for food safety and hygiene? Can children follow a design to make a smoothie or salad? Can children evaluate their finished products and say what they think and feel about them? 	<ul style="list-style-type: none"> Slides Designs from lesson 4 Variety of fruits and vegetables (dependent on designs) Knives, chopping boards, graters, aprons, mixing bowls, etc. Plates, bowls or cups for finished products Worksheet 5A/5B/5C/5D/5E/5F Blenders (FSD? activity only)