

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: DT - Food (Fruit) Year: A – Spring (KS1)

NC/PoS:

- Design purposeful, functional, appealing products for themselves and other users based on design criteria.
- Generate, develop, model and communicate their ideas through discussion and annotated sketches.
- Select from and use a wide range of ingredients, according to their characteristics.
- Select from tools and equipment to perform practical tasks [for example: knives, graters, peelers and juicers] accurately.
- Explore and evaluate a range of existing products.
- Evaluate their ideas and products against their own design criteria.
- Use the basic principles of a healthy and varied diet to prepare dishes.
- To understand where food comes from.

Prior Learning (what pupils already know and can do)

- Children have tasted common fruit and vegetables, undertaking sensory activities i.e. appearance, taste and smell.
- Children have cut soft fruit and vegetables.
- They eat a healthy range of foodstuffs and understand the need for variety in food.
- They show understanding of the need for safety when tackling new challenges, and consider and manage some risks.
- They show understanding of how to transport and store equipment safely.
- They practice some appropriate safety measures without direct supervision.

End points (what pupils MUST know and remember)

- Children can design a healthy snack and can explain the user and purpose. For example: a fruit kebab.
- Children can draw an annotated sketch of their fruit kebab and can label it with ingredients.
- Children can select from a variety of ingredients to create their kebab, considering the taste, colour and general appeal of the fruits.
- Children can select from knives, graters, peelers and juicers to prepare common fruits and vegetables (peppers, oranges, mango, kiwi, strawberries) discussing why some preparation methods may not be suitable for some of the fruits/vegetables - e.g. you wouldn't grate a strawberry as it just turns mushy.
- Children can discuss different, existing fruit kebabs and evaluate their appeal, potential purpose and user.
- Children can evaluate their own fruit kebab considering the intended user, purpose and its overall appeal as well as considering its effectiveness of being a healthy snack.
- Children have an understanding that food comes from different countries and can be grown.

Key Vocabulary

Fruit, vegetable, roots, stems, leaves, utensil, knife, grater, grating, peeler, slicing, peeling, cutting, squeezing, juicing, evaluate, appeal

Session 1: (May be done over more than one session)

Exploring existing products

- Sort a range of fruit and veg and know the difference - A fruit develops from the flower of a plant, while the other parts of the plant are categorized as vegetables. Fruits contain seeds, while vegetables can consist of roots, stems and leaves.
- Learn about the different utensils, knife, peeler, grater, juicer etc. Which fruits would we use each utensil for? Are there any fruits you wouldn't use a particular utensil for? Why?
- Practise using the utensils to manipulate the fruit.

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- Nutrition: Why should we eat healthy food?

Vocab: Fruit, vegetable, roots, stems, leaves, utensil, knife, grater, grating, peeler, slicing, peeling, cutting, squeezing, juicing

### Session 2:

#### Exploring existing products

- Explore existing fruit kebabs – what fruit/veg is used? Why? Why are they appealing? (colourful, used different fruits)
- Explore packaging, cost, appeal, value, taste etc.
- Taste and evaluate a range of fruit and vegetables to determine the intended users' preference. Link to the use of senses. (Remember: grapes should be sliced in half long ways until children are at least 5 years old)
- Healthy eating – links to science, PSHE.
- Senses – links to science and the human body
- Teach honesty and responsibility when talking about where food is grown and the journey it takes to get from the farm to our homes. Discuss how healthy we are with the foods we consume

Vocab: Fruit, vegetable, appeal

### Session 3:

#### Designing

- Design a healthy fruit kebab, consider ingredients, user and purpose.
- Communicate these ideas through talk and annotated sketches. Why are you choosing those fruits/vegetables? Which utensil would you use? Why? Who is it designed for? When might they eat it?
- Design: Can you design a healthy fruit kebab?

Vocab: Fruit, vegetable, utensil, knife, grater, grating, peeler, slicing, peeling, cutting, squeezing, juicing,

### Session 4: (May be done in more than one session, in groups.)

#### Making

- Make a fruit kebab, using a variety of fruits and preparation techniques (peeling, grating, slicing, cutting).
- Use simple utensils and equipment to peel, cut and squeeze safely.
- Select from a range of fruit and vegetables according to their characteristics e.g. colour, texture and taste to create a chosen product.
- Discuss the different parts of the fruit they will use – e.g. they wouldn't use the green leaves on a strawberry
- Resilience – during the entire making process, discuss keeping on trying and never giving up even if the task gets tricky.

Vocab: Fruit, vegetable, roots, stems, leaves, utensil, knife, grater, grating, peeler, slicing, peeling, cutting, squeezing, juicing

### Session 5:

#### Evaluate

- Evaluate: How is the healthy snack appealing for the target user, purpose and appeal?
- Evaluate ideas and finished products against design criteria, including intended user and purpose. Did the fruits selected work well together? Are there any you would change? Would you prepare any of the fruits differently next time?
- Honesty – during the evaluation stages discuss being honest with ourselves (self-reflection) and others to ensure we can improve ourselves and our work

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Vocab: evaluate, appeal

Future learning this content supports:

LKS2 – Cooking and nutrition

UKS2 – Culture and seasonality