

Our DT Curriculum gives children the opportunity to develop skills, knowledge and understanding through designing and making functional products for a range of different users. They learn about key inventions and designers. Children are encouraged to think creatively and produce innovative designs as they explore the designed and made world in which they live.



**YEAR 1**

**Subject: DT**  
**Unit: Cooking and Nutrition - Healthy Salads**

**Characteristics of an Effective Learner**

Courage  
Commitment  
Collaboration  
Creativity  
Curiosity

**Prior Learning:**

Children prepared a smoothie in Reception where they practised cutting and preparation skills with adult support.

**Key Vocabulary taught in this unit:**

Design, prepare, peel, grate, chopping board, hygienic, healthy

**Intent: What do we want the children to know, be able to do by the time they complete this unit)?**

**Design**

**Design purposeful, functional, appealing products for themselves and other users based on design criteria**

**Generate, develop, model and communicate their ideas through talking, drawing, templates, mock-ups and, where appropriate, information and communication technology**

Design a salad for a member of their family based on design criteria

Generate ideas for a salad through tasting fruits and vegetables, talking and using a template for their design

**Make**

**Select from and use a range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing]**

**Select from and use a wide range of materials and components, including construction materials, textiles and ingredients, according to their characteristics**

Select from and use a range of tools and equipment to cut, grate, peel fruit and vegetables.

Select from and use a range of ingredients for their salad, according to their characteristics.

**Evaluate**

**Explore and evaluate a range of existing products**

**Evaluate their ideas and products against design criteria**

Taste fruits and vegetables and explore a range of existing salads

Evaluate their salad against design criteria

**Cooking and Nutrition**

**Use the basic principles of a healthy and varied diet to prepare dishes**

**Understand where food comes from**

Use basic food handling, hygienic practices and personal hygiene

Understand that fruit and vegetables are good for us and use the basic principles of a healthy and varied diet to prepare dishes

Understand where different fruit and vegetables come from and know their names.

Understand that fruit and vegetables may require treatment before being eaten washing, peeling.

**Impact / Outcome:**

**What will the final product / result be?**

Design brief: Design and make a healthy salad for someone else.

**P4C Inquiry (where appropriate) – n/a**