DT
Year Group: 1
Autumn 2

Eat More Fruit and Vegetables

What We Already Know

- We can make healthy choices about food and drinks.
- We can name some fruits and vegetables.





What We Will Learn

- Fruit and vegetables help us to stay healthy.
- Fruit and vegetables grow on plants, trees and in the ground.
- We can use our senses to explore food. We can look, smell, touch and taste.
- Food can have different colours, flavours and textures.
- We must wash our hands and keep our food and equipment clean when preparing food.
- We can use tools to chop, slice and tear food safely.
- We can design, make and taste our own healthy salad.
- We can look at what we have made and think about what went well and what we could improve.

Key Vocabulary	
healthy	good for your body
diet	the food and drink we have
fruit	food that grows on trees or plants and is often sweet
vegetables	food that grows from plants and helps keep us healthy
prepare	get food ready to eat
taste	try food in the mouth
flavour	the taste of food
texture	how food feels
smell	what we notice with our noses
appearance	what food looks like