

Design and Technology: Cooking and Nutrition – Year 1

Previous learning in Reception:

In Reception, we have learnt about foods that are healthy for us and where some foods come from. We looked at different ways we can keep our bodies healthy such as: drinking plenty of water, exercising and brushing our teeth twice a day. We learnt through reading lots of stories to help us understand how to be happy and healthy.

What (Key vocabulary)

fruit	A sweet, fleshy product from a tree or other plant that can be eaten as food
vegetables	A plant or part of a plant that can be eaten as food
meat	The flesh of an animal, typically a mammal or birds that can be eaten as food
plants	An organism like a tree, bush, shrub that absorbs water through its roots.
grown under ground	Food that is found under the ground, only showing its leaves are called 'root vegetables'
grown on trees	Food that can be picked from trees like berries and fruits.
grown on bushes	Food that can be picked from bushes like beans, tomatoes and strawberries
chop	To cut into pieces using a sharp blow
peel	To remove the outer covering of the fruit or vegetable
mix	To combine ingredients together
potato masher	A tool that is used to break down and mash foods.
mash	To use a tool to make food soft