



Year 1 - Food and Nutrition

Why is it so important to eat fruit?

Design and Technology

Design Brief

Design, make and evaluate a delicious fruit-based snack to eat for yourself at break time.

Key Vocabulary

chop	To cut something into pieces.
fruit	The sweet and fleshy part of a tree or other plant that contains seeds and can be eaten as food e.g. strawberry, apple, orange, kiwi.
healthy food	Food that will help your body have good nutrition.
unhealthy	Foods that have less nutritional value and are high in fats and sugars.
peel	To pull or strip off the outer covering of something.
cutlery	Knives, forks and spoons used for eating and serving food.

Key Skills

- Everyone should eat at least five portions of fruit and vegetables every day as part of a healthy diet.
- Fruit and vegetables are plants that are grown.
- Fruit and vegetables need to be prepared through washing, peeling, and chopping.
- Fruit and vegetables have varied tastes such as sweet, bitter and sour.
- Fruits contain seeds and are part of your 5 a day.
- To use imagination to design how I will organise my fruit salad. Choose and select the fruits I will use according to my design.



What I Should Already Know

- Some foods are healthy, and some are unhealthy.
- Some foods come from animals, and some are grown as plants.
- Plants have a stem, roots and leaves.
- Always wash your hands with soap and warm water before touching food. Ensure all surfaces and equipment are clean before you start cooking.
- To use cutlery correctly.



Year 1- Food and Nutrition

Why is it so important to eat fruit?

Design and Technology

Key Information

- Fruit based products are major part of a healthy diet ever since human life began on earth.
- Pure, unembellished fresh fruit makes a great snack. Fresh fruit can be chopped, arranged, mixed, and prepared into a variety of creative and healthy fruit snacks.
- Fresh fruit and vegetables are one of the best snack choices for everyone - they contain vitamins and minerals, are a good source of fibre and count towards 5 a Day. They are also easy to eat on the go!

Links to other Learning

- Food is mainly taught through:
 - Design and technology: Cooking and nutrition all year groups
 - Science
 - Personal, Social, Health and Economic education (PSHE)
- Maths - measures
- Art and Design
- Healthy Schools Week

Key Questions

- Appearance/aesthetics - how will your product look, smell, taste and feel?
- Cost - how much money would your product cost to buy?
- Customer - who is your snack for?
- Environment - what fruits did you use?
- Size - how big or small will it be?
- Safety - what skills are important when working with food?
- Function/purpose - how do you know that your product is healthy?
- Resources - what ingredients will you need?
- Manufacture - how might you adapt the product in future?

