

Year 2 - Food and Nutrition

Why is it so important to eat vegetables?

Design and Technology

Design Brief

Design, make and evaluate a delicious filled savoury wrap to take on a trip to the seaside.

Key Vocabulary

savoury	Food belonging to the category that is salty or spicy rather than sweet
vegetable	A plant or part of a plant used as food e.g. carrots, broccoli, cauliflower, green beans.
wrap	A tortilla wrapped around a filling, eaten as a sandwich.
salad	It is usually a cold dish consisting of different fruits and vegetables e.g. lettuce, tomato, cucumber, onion.
spread	Cover a surface with something using a knife e.g. butter or jam.
hygiene	Keeping clean (especially our hands) so the food is safe to eat.

Key Skills

- Make a healthy wrap whilst following food hygiene rules.
- Select and use a range of tools and equipment to help fill the wrap e.g. knives to spread, tongs to pick up, scissors to chop salad.
- How to use different techniques such as cutting, peeling, grating, slicing and spreading.
- Place all ingredients on one side of the wrap.
- Fold the wrap in a suitable way so that the filling does not fall out.

What I Should Already Know

- Some foods are healthy, and some are unhealthy.
- Everyone should eat at least five portions of fruit and vegetables a day as part of a healthy diet.
- How to use some tools safely for example, knives to chop.
- You must always think about health, safety and hygiene when preparing or making food. It is very important to wash your hands before starting.



Key Information

- Fruit and vegetables contain lots of nutrients and it is important for us to eat them at least five times a day. There are lots of different ways to prepare and eat fruit and vegetables.
- A wrap is a food dish made with soft flatbread rolled around a filling.
- Typical flatbreads are wheat tortillas, or pita. The filling may include cold sliced meat or fish, shredded lettuce, diced tomato or guacamole, mushrooms, grilled onions, cheese, and a sauce.

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
- Geography - Why do we love to be beside the seaside?
- English - reading
- Health 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? How did you decide to arrange your wrap and why?
- Environment - what vegetables 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?

