

Year 1-Cooking, Baking and Making Healthy Foods

In this unit of work children will explore the eat well plate and learn about the different food groups. Children will also learn where food comes from and common food sources. The unit will focus on healthy food and children will have an opportunity to prepare simple dishes safely and hygienically.

In this unit children will:

- **Compare healthy and non-healthy food choices.**
- **Learn what a healthy, balanced diet should look like by learning about the 'Eat Well Plate'.**
- **Know that foods are grouped into five different categories/categories.**
- **Learn that they need to eat five portion of fruit and vegetables.**
- **Learn about the need for a variety of food in their diet.**
- **Learn how to prepare simple dishes safely and hygienically without a heat source.**
- **Explore different techniques such as cutting, peeling, grating.**
- **Measure and weigh food items using non-standard measurements, e.g. cups and spoons.**

Key Vocabulary

- **Eat Well Plate:** is a pictorial summary of the main food groups and their recommended proportions for a healthy diet.
- **Milk and dairy:** a food group containing butter, milk and cheese.
- **Carbohydrate:** a food group that contains pasta, bread, rice and potatoes.
- **High fats/sugar:** a food group that contains high levels of fat and sugars and therefore should only be consumed in moderation.
- **Protein:** a food group including meat, fish, eggs and beans/pulses.
- **Fruit and Vegetables:** a food group-the difference between fruit is that it has seeds.
- **Five a day:** how many pieces of fruit and veg you should eat.
- **Variety:** the need for different things/a balance to keep healthy.
- **Diet:** what you eat.
- **Technique:** how you do something when cooking, e.g. peeling, grating, cutting.
- **Hygiene:** Keeping healthy and safe whilst cooking, e.g. hand washing/washing foods that need to be/keeping surfaces clean.

Prior Learning

EYFS: Understand the importance of a healthy diet, talk about ways to keep healthy and safe. Safely use and explore tools and techniques. Begin to develop a food vocabulary using taste, smell, texture and feel. Explore familiar food products, e.g. fruit and vegetables. Stir, spread, knead and shape a range of food and ingredients. Begin to work safely and hygienically. Start to think about the need for a variety of foods in a diet. Measure and weigh food items using non-standard measurements e.g. spoons and cups.

Key Questions

- What are the main food groups on the Eat Well Plate?
- How many portions of fruit and vegetables should you eat in a day?
- Where does your food come from?
- How do you prepare food safely and hygienically?

Key Knowledge

- To know that there are five main food groups. (milk and dairy, fruit and vegetables, proteins-meat, fish, eggs and beans, carbohydrates-bread, rice, potatoes and pasta and foods that are high in sugar and or fat).
- To know that you should eat at least five portions of fruits and vegetables daily to keep healthy.
- To know that common sources of food come from plants and animals.
- To know that you should wash your hands/fruits/vegetables and prepare services by cleaning them.