

## D&T Year 2- A picnic at the seaside

In this unit of work children will explore which plants and animals we eat and where they come from. They will use the 'Eat well' plate to learn about the main 5 food groups and sort foods into these groups using the plate as guidance. They will learn about the need for food hygiene and practise how to prepare food safely. The children will prepare some picnic food which includes 1 dish from another country.

### In this unit children will:

- Understand that all food comes from plants or animals and explore common sources – which plants and animals do we eat?
- Develop an understanding of where food comes – which are farmed, caught, grown elsewhere.
- Understand how to name and sort foods into the 5 groups by using 'The Eat well plate'.
- Know that everyone should eat at least 5 portions of fruit and vegetables every day and eat a variety of food in their diet.
- Demonstrate safety and hygiene when preparing dishes.
- Use techniques such as cutting, peeling and grating to prepare dishes which do not require a heat source.
- Make dishes from the Uk and 1 other country.

### Prior Learning

**EYFS:** Begin to develop a food vocabulary using taste, smell, texture and feel when exploring familiar fruit and vegetables. Stir, spread, shape and knead a range of food and ingredients. Start to think about the need for variety in the diet. Work safely and hygienically and measure and weigh food items using non statutory measures.

**Y1:** Begin to understand that all food comes from plants or animals and explore these sources. Use the 'Eat well' plate to begin to sort foods into the 5 groups and know that everyone should eat 5 portions of fruit and vegetables a day. Prepare simple dishes safely and hygienically by chopping, peeling and grating. Measure and weigh food using non-standard measures.

### Cross Curricular Links

**Science – plants**

**Geography – The Seaside**

### Key Questions

- Why is it important to eat 5 portions of fruit and vegetables a day?
- Name 3 foods which are farmed.
- Which food group should you eat the least food from?
- Why is it important to be hygienic when you are preparing food?

### Key Vocabulary

- **Carbohydrates** – This group contains starchy foods such as pasta, rice, oats and potatoes which give us energy.
- **Protein** – This group contains meat, eggs and fish. Proteins help the body to grow and repair.
- **Dairy** – This group contains milk and yoghurt. Dairy keeps your bones and teeth healthy and strong.
- **Fats** – This group contains butter, oil and cream but we have to be careful not to eat too much fat.
- **Fruit and vegetables** – These give you lots of vitamins and chemicals called antioxidants.
- **Healthy** – In a good mental/physical condition
- **Farmed** – Grown in a field or reared by farmers
- **Safety** – Working carefully to avoid an accident
- **Hygiene** – To keep healthy – eg washing hands before touching food
- **Portion** – A handful
- **Dish** – One part of a meal
- **Peel** – Use thin strips to take the skin off a fruit or vegetable
- **Cutting** – Using a knife to cut the food into pieces

### Key Knowledge

- We need to eat 5 portions of food and vegetables a day to help keep us healthy and to help us lower the risk of serious health problems.
- Foods which are farmed include milk, meat, cereals, vegetables and fruit.
- You should limit the fatty and sugary food groups as these contain oils, sweets, sugary drinks as these are not healthy.
- You need to handle, prepare and store food hygienically to reduce the risk of people being ill.