

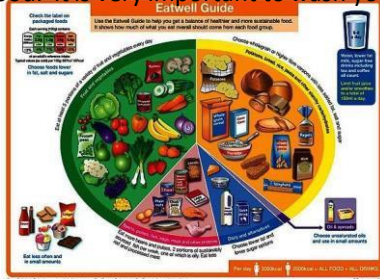
**What should I already know?**

- 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**.

**What will I know by the end of this unit?**

**Technical Knowledge**

- You must always think about health, safety and **hygiene** when preparing or making food. It is very important to wash your hands before starting.
- There are 5 different food groups, which can be seen on the Eatwell Plate. We should eat more foods from some groups e.g. fruits and vegetables, and less from others e.g. oils and **spreads**.
- All food comes from plants or animals, and that food has to be farmed, grown in other places like home or caught.
- The best **ingredients** to use to make a **healthy sandwich**, and how these **ingredients** taste, smell, feel and what their texture is like.



**Diagrams and Images**



**What will I be able to do by the end of this unit?**

**Design**

- Explore and evaluate a range of **sandwich** fillings, breads and **spreads**, thinking about the taste, texture and appearance of the different foods.
- Use what I have found from my investigation to design a **healthy sandwich**.
- Communicate ideas by labelling my design and identifying what **ingredients** and components I will need.
- Create a list of **ingredients** and tools needed for the final design.

**Make**

- Make a **healthy sandwich** whilst following food **hygiene** rules.
- Select and use a range of tools and equipment to help fill the **sandwich** e.g. knives to **spread**, tongs to pick up, scissors to **chop salad**.
- Use **ingredients** which were on the **sandwich** design.
- Place all **ingredients** on one side of the roll or bread.

**Evaluate**

- Say what I like about my **sandwich** and how it compares to my original design. Does it fit the design criteria?
- Say what I could do to improve my **sandwich**.
- Taste the **sandwich** and comment on the flavour and texture, as well as its appearance.
- Say what I like about other people's **sandwiches** and evaluate their product based on the original design.

**Design and Technology: Skills and Enquiry**

- Use a range of tools and equipment to make a simple dish without using a heat source.
- How to use different techniques such as cutting, peeling, grating, slicing and spreading.
- How to measure and weigh food items using non-standard measures e.g. spoons and cups.
- Talk about my design and why I have chosen **ingredients** and equipment.

<b>chop</b> 	To cut something into pieces.
<b>ingredients</b>	The different foods you use to make a meal.
<b>healthy food</b> 	Food that will help your body have good nutrition.
<b>hygiene</b>	Keeping clean (especially our hands) so the food is safe to eat.
<b>sandwich</b>	Two slice of bread or a bread roll with filling in the middle.
<b>salad</b> 	Different fruits and vegetables that can go in a <b>sandwich</b> e.g. lettuce, tomato, cucumber, onion.
<b>spread</b> 	Cover a surface with something using a knife e.g. butter or jam.
<b>unhealthy food</b> 	Food that we should not eat all the time to keep our bodies in good condition.

**Health and Safety**

<b>Using a knife safely</b> Cut using a bridge hold.	<b>Wash your hands</b> Keep food safe to eat.

