

What should I already know?

- Identify if a food is a fruit or a vegetable
- Taste and evaluate different food combinations
- Describe appearance, smell and taste

Technical Knowledge:

- Understand what makes a balanced diet
- Know where to find the nutritional information on packaging
- Know the five food groups

DT Skills:

- Design a healthy wrap based on a food combination which work well together
- Slice food safely using the bridge or claw grip
- Construct a wrap that meets a design brief
- Describe the taste, texture and smell of fruit and vegetables
- Taste test food combinations and final products
- Describe the information that should be included on a label
- Evaluate which grip was most effective

Teaching Sequence

1. To know what makes a balanced diet
2. To taste test food combinations
3. To design a healthy soup
4. To make a healthy soup