

Year 1

Design Brief:

What should I already know?

- Experience of common fruit and vegetables, sensory activities i.e. appearance taste and smell.
- Experience of cutting soft fruit and vegetables using appropriate utensils.

Vocabulary

Fruit	Plant or tree's edible seed with envelope.
Vegetable	Plant used for food.
Nutrients	All the things in food that the body needs to remain healthy.
Pith	The soft white lining inside fruit such as oranges
Salad	A cold dish of fresh and/or cooked vegetables or fruit.
Kebab	Cooked and/or fresh ingredients on a skewer.

Food preparation techniques:



Peeling



Cutting



Slicing



Grating






Squeezing

Food processing equipment

Juicer

Peeler

Knife

Food processing equipment			
Utensil	food	effect	mouth feel
juicer 	orange	makes juice	liquid
peeler 	apple	unpeeled apple	crunchy
knife 	carrot	thin rings	crispy hard

Year 3

Design Brief:

What should I already know?

- Know some ways to prepare ingredients safely and hygienically.
- Have some basic knowledge and understanding about healthy eating and The eat well plate.
- Have used some equipment and utensils and prepared and combined ingredients to make a product

Types of sandwich:

Wraps



Pitta bread sandwich



Sandwich

Questions to consider:

Who am I making the food product for?

How can I make it appealing for the range of users?

What kind of food product shall I make that can be carried easily?

What ingredients could it contain?

Skills and Techniques:

Grating cheese



Spreading butter on bread



Cutting using the claw and bridge technique.

Vocabulary:

Appearance	How the food looks to the eye.
Texture	How the product feels in the mouth.
Sensory evaluation	Evaluating food products in terms of the taste, smell, texture and appearance.
Preference test	Trying different foods and deciding which you like best.
Strawberry huller	Tool to remove the stalk and leaves from a strawberry.
Processed food	Ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.

Year 5

Design Brief:

What should I already know?

- Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet.
- Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.

Possible Products:Techniques:

Chopping and peeling
 Drizzling
 Slicing
 Blending

Example of a recording table:

Type of snack	Appearance	Smell	Texture	Taste
Vegetable wrap	Colourful	Fresh	Crunchy	Delicious
Fruit popsicle				
Frozen yoghurt				
Fruit smoothie	Pureed	Fruity	Smooth	Tangy

Vocabulary:

Peeling	Removing the skin from a fruit or vegetable
Healthy	Promoting good health
Finishing	Related to the appearance of the product - shape, decoration and colour.
Fruit	Fleshy Part of a plant that can be eaten
Vegetable	A plant that can be eaten
Puree	A mass of crushed fruit or vegetables
Wrap	Enclose ingredients in a circular flour tortilla
Vitamins	A group of natural substances present in food which are essential for nutrition
Nutrition	The process of eating or taking nourishment