



Healthy eating - wraps



Year: 2
Term: Spring

Essential Prior Knowledge

Children will already know:

- How to identify fruits and vegetables and their differences
- Where and how fruit and vegetables grow.
- How to describe and group fruits by texture and taste
- How to design products for others
- How to chop fruit and vegetables
- How to use the bridge grip to cut fruit and vegetables
- How to evaluate and adapt their designs

Key knowledge (facts and skills) for unit

Technical and pre-design knowledge

Five food groups – Children will know that they are:

- fruit and vegetables
- starchy carbohydrates
- proteins
- dairy
- oil and spreads

**Although sugar is found in many foods, it is not what is known as a food group.*

Balanced diet – Children will know a healthy diet should be balanced and made up of:

- two portions of fruit (a portion is a fist full – it changes in size as you grow)
- at least three portions of vegetables
- plus some proteins, fats and carbohydrates

Savoury – children to know that savoury foods are normally salty or spicy and name some savoury foods like ingredients used in sandwiches.

Sweet – children to know that sweet foods normally contain sugar or honey and often form desserts; although, many drinks and foods have sugar added to them (bread, ketchup, spaghetti sauce, soup, yoghurt, baked beans). children will know that too much sugar is bad for our health.

Chopping:

Claw grip – children will know how to use the claw grip by partly curling fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean fingers slightly forward of your nails so that the nails can't be seen when you look down on your hand.

Food hygiene – children will know when preparing or eating food, it's important to have good hygiene with food which makes sure they're not eating food with bacteria on it or passing it on (which could make them ill) so washing hands, washing fruit and vegetables and cleansing work surfaces and tools is important to avoid this.

Design

- To know how to test and research flavours, textures and colours of different food groups.
- To know how to create a wrap design based on existing products.
- To know how to draw and label a simple sketch to show a design for a healthy wrap
- To know how to, through discussion, suggest ideas, develop design ideas and explain the plan to make the product.
- To be able to identify and explain the food groups of the ingredients in the design.
- To know how to generate a wrap design that meets set criteria for a target audience (e.g. Year 1)
- To know how to use ICT, where appropriate, to show a design intention.

Make

- To know how to use the basic principles of a healthy and varied diet to prepare a wrap.
- To know how to use cutting, grating and peeling (including the claw and bridge hold) to prepare ingredients.
- To know the importance of and how to prepare food hygienically.

Evaluate

- To know how to evaluate the wrap against the design specification explaining strengths and weaknesses.
- To say what I like about my wrap and why.
- To decide if my design is suitable for its purpose, considering my target audience.

Key Outcomes

What makes a balanced snack or meal?

Children will explore basic food groups and test different samples of each food group and decide which food group they belong in. Using touch, taste, and smell, they will research and decide ingredients which could be used together to create a balanced, healthy wrap.

Can I design a healthy wrap?

Children will generate four designs based on the decided target audience and design brief that it should be tasty, healthy and balanced. Children will then create labelled sketches of their designs including one ingredient from each food group: carbohydrate (the wrap), vegetables (e.g. cucumber, tomato, lettuce, onion), protein (e.g. tuna, ham, egg, hummus), dairy (e.g. cheddar or cream cheese).

Can I use ICT to reveal my final design?

Children will use their sketches to choose one design and make any changes before portraying their final picnic design using ICT to reveal the design intention including information about the ingredients.

What is the plan to make my product?

Children will discuss and explain ideas with each other to explain their plan to make the product. They will decide what they have to do to ensure food hygiene and safety before (washing hands and ingredients, peeling vegetables), during (carefully cutting, grating, rolling) and after (storing safely –in fridge, securing with foil/cocktail stick) making the product.

Can I produce a healthy wrap?

Children will follow their design specification and plan to hygienically prepare their healthy wrap using a selection of tools and techniques - cutting (claw grip and bridge grip – revise from Y1), grating and peeling skills.

Does my wrap meet my design brief?

Children will evaluate by tasting the different varieties of wraps and describe strengths and weaknesses based on feedback from others and their own opinions. They will suggest improvements and explain how well it met the specification and target audience.

Assessing Pupils' Understanding and Progress

Pupils with secure understanding indicated by: An ability to name the four main food groups and identify examples from their design. Describe taste, texture and smell. Their ability to think of four different wrap ideas, considering flavour combinations. Their ability to construct a wrap that meets the design brief and their plan.

Pupils working at greater depth indicated by: A secure knowledge of the four main food groups and the foods in their design that belong in each. Identifying the dangers of hidden sugars in drinks. Carefully considering why flavour combinations do or don't work. Using varied vocabulary to describe smells, textures or tastes. An ability to consider combinations that include complementary flavours and textures and justify reasoning. Their ability to construct a wrap that meets the design brief and their plan and that has been adapted where needed.

Key vocabulary

- fruit
- vegetables
- carbohydrate
- protein
- dairy
- healthy
- nutrition
- wrap
- balanced
- savoury
- sweet