

# Knowledge Organiser - Year 1 DT: Picnics

## Key Vocabulary

<b>chop</b>	cut into many small pieces
<b>core</b>	Remove the hard middle part of some fruits.
<b>crisp</b>	firm but breaking easily into pieces
<b>crunchy</b>	making a crunching sound when chewed.
<b>Eatwell plate</b>	Picture which shows the main food groups and their recommended amounts for a healthy diet
<b>healthy diet</b>	Eating the right amount of food from each food group (protein, carbohydrates, fats, etc)
<b>ingredient</b>	one of the parts of a mixture.
<b>juicy</b>	having a great amount of juice.
<b>mix</b>	put different things together so that the parts become one.
<b>pip</b>	any small seed, such as one from an apple.
<b>peel</b>	pull, tear, or cut the outer covering from fruit or vegetables
<b>sharp</b>	having a thin edge or a fine point.
<b>skin</b>	outer covering of some fruits & vegetables.
<b>slice</b>	use a knife to cut into or across.
<b>smooth</b>	without lumps.
<b>sour</b>	having a tart or acid taste like lemon juice
<b>squeeze</b>	put pressure on or crush so as to pull something from.
<b>sticky</b>	tending to stick to or hold on to something when touched.
<b>sweet</b>	having a taste like that of sugar or honey



**Key Question:** What healthy food can I make that is perfect for a picnic?

**Focus :** Preparing fruit and vegetables

## What will children design, make and evaluate?

Food items for a class picnic on the Heath. They will examine a range of fruit and vegetables and have opportunities to handle, smell and taste fruit and vegetables in order to describe them through talking and drawing.



## Equipment

chopping boards, knives, peelers, graters, skewers, juicers, spoons, jugs, plates, bowls, aprons, table covers, hand washing, washing-up facilities



## Designing, making and evaluating

Look at a range of fruit/vegetables. - *How much do you know about them?*

Handle, smell and taste fruit and vegetables and describe them through talking and drawing.

Look at foods that we might eat on a picnic and choose the ones you like the best. Can you explain?

Talk about and listen to the rules about working safely with food.

Use knives, forks, spoons to practice washing, grating, peeling, chopping, slicing and squeezing fruit and vegetables.

With help from the adults, make picnic items using fruits and vegetable ingredients.

Talk about healthy eating and why we should eat more fruit and vegetables

Design and make the picnic items you think will be best for the class picnic.

Talk about and draw plans for what you are going to make. What will you need? How will you make it?

Think how well you have made the picnic food and which things you liked the best.

Visit the heath with the class and enjoy the picnic

Evaluate the dishes. What were your favourites?

