

What Prior Knowledge should students have?

- Know the difference between a fruit and vegetable.
- Safely use simple utensils like a knife to cut their fruit.
- Name and sort foods into the five groups in The Eatwell plate.

What Skills will students learn (Disciplinary Knowledge)

- To name and sort foods into the five groups in The Eatwell plate.
- That everyone should eat at least five portions of fruit and veg every day.
- How to prepare simple dishes safely, hygienically, without using a heat source.
- How to use techniques such as cutting, peeling and grating.

What key knowledge will be taught (Substantive Knowledge)

- Where fruit comes from and where it grows.
- Leading a healthy and balanced diet.
- How to create a healthy refreshing treat for the summer (picnic ideas).
- Understanding of the impact of imported fruit.
- Seasonality of fruit.
- Ability to ask and research nutritional information about their lolly.
- Refer back to the origins of fruit.

Key Vocabulary	Definition
Diet	The food and drink that a person or animal usually eats.
Balanced Diet	Eating a variety of foods from all five different food groups.
Healthy	When everything in your body and head feels good.
Ingredients	Items that make up a mixture e.g. foods that make a recipe.
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Refrigeration	A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.

Diagram

