



I have been exploring **Food** and I have learnt...

Stages of my food unit

I Don't Make Excuses

Investigate- We considered our design brief, and thought about what foods would be part of a healthy or unhealthy diet.

- We looked at different fruits and vegetables that are used in salads. We thought about the shape, colour, feel and taste.
- We discussed food hygiene, and we thought about how to use equipment safely when preparing food.

Design- We thought about which fruit and vegetables would be suitable for a salad.

- We used sketches and labels to design salads. From this, we chose the best design, which we based our final product on.

Make- As a team, we carefully prepared the ingredients, and talked about how to make our salads.

- We selected the ingredients we had included on our final design and prepared our salads.

Evaluate- We tried our final product and thought about our original design brief. We discussed what went well when we were making our product, and what we would improve if we were making another salad.

Key Vocabulary

Salad- a cold dish of fresh and/or cooked vegetables or fruit.

Fruit- part of a plant or tree that contains seed and can be eaten as food.

Vegetables- part of a plant used for food.

Healthy Diet- foods that are eaten to keep your body fit and healthy.

