


KNOWLEDGE ORGANISER – St Gregory's RC Primary School

Topic: Design & Technology

Year Group: 1 Summer 2

Strand - Food - Preparing Food and Vegetables - A Healthy Fruit Salad for Sport's Day

What I should already know	Sticky knowledge	Key skills
<ul style="list-style-type: none"> I understand the need for a variety in food I know that eating certain foods makes us healthy I can name some fruit and vegetables I know the colour and texture of some fruit and vegetables 	<ul style="list-style-type: none"> I know the 5 food groups. I know that fruit and vegetables are grown on plants. I know that we should eat 5 portions of fruit or vegetables per day. I know that some fruits & vegetables are grown over ground and some fruits & vegetables are grown underground. I know we need to wash our hands before preparing and eating food. I can prepare a simple dish using fruit and vegetables. 	<ul style="list-style-type: none"> I can identify and name the food groups. I can explain where fruit and vegetables come from. I can follow basic hygiene rules when preparing food. I can work safely and hygienically I can cut and chop fruit and vegetables.
Design brief		
<p>Can you make a healthy fruit salad for all the children in Key Stage 1 to enjoy, as a tasty treat, at Sports Day? Remember to make your fruit salad colourful and tasty. How will you make your fruits ready to put them in your fruit salad?</p>		

Vocabulary		Diagrams/Pictures
Food groups	A group of foods that share similar nutrition	
Clean	Hands are clean if they have been washed and are free from dirt and marks.	
Carbohydrates	These foods give you energy, calcium and B Vitamins.	
Dairy	These keep our bones and teeth healthy. These give us calcium.	
Protein	These foods help the body to grow and repair itself. These are found in meat, fish and eggs.	
Fats	These give us energy but are not healthy.	
Fruit	Foods that come from plants. These foods have seeds inside.	
Vegetable	Food that comes from plants. These foods do not have seeds inside.	
Over ground	Food that are grown above the ground. These could be on trees.	
Under ground	Foods that are grown under the ground. These could be carrots or potatoes.	
Seeds	A part of a plant which can grow into a new plant.	

