

Year 1: DT

Spring Term

Follow these tips to keep you safe when preparing food or cooking at school.

Always wash your hands before preparing food.



Wait for an adult to be with you before you begin.

Never run in the cooking area.



Always ask an adult to carry or touch anything hot.

Never use sharp objects without an adult helping you.



Ask an adult to help if you can't reach something.

Read more:

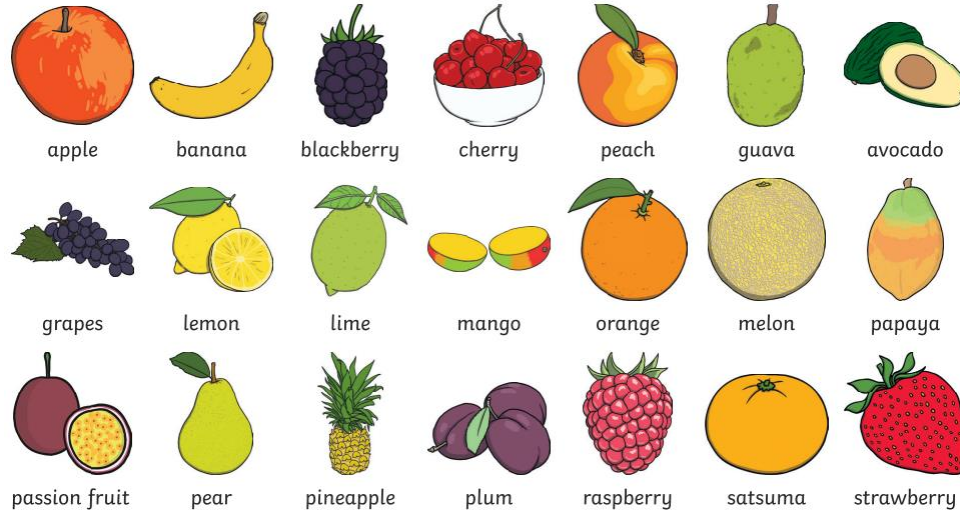
How Did That Get In My Lunchbox?: The Story of Food by Chris Butterworth

Research more:

www.bbc.co.uk/bitesize/topics/zg69g7h/articles/zsfj4xs

Smoothies

Key concepts:



colourful	sticky	tropical
succulent	exotic	waxy
crunchy	zesty	fleshy
nutritious	skinned	layered
soft	green	refreshing
fresh	spiky	dry

Design
Make
Evaluate



Smoothie



Blender



Chopping board



Peeler



Knife

Where does food come from?

