

8.6.2020

Year 1 DT - Food technology

This term our DT is looking at a healthy and varied diet and to understand where our food comes from.

The link below are some clips of a balanced diet and why are body needs the different foods.

<https://www.bbc.co.uk/bitesize/topics/zv4cwmn/resources/1>

Activity 1- Read Oliver's vegetables

<https://www.youtube.com/watch?v=2yvllKqyVUc>

Look at PowerPoint about where food comes from and discuss.

Explain that lots of the foods we eat are plants. Can we name some examples?  
Discuss that much of the fruit and veg we eat is a part of the plant, its root, seed, fruit, stem, leaf and even its flower.

Look at a range of produce we eat and sort it into groups depending on which part of the plant it comes from. Sort into root, stem, flower, leaf, fruit and seed.

- Roots - carrots and radish
- Stems- asparagus and celery
- Leaves - lettuce, spinach, cabbage and parsley
- Flowers - broccoli and cauliflower
- Fruits - apples, avocados, cucumbers, green beans, peppers, and tomatoes
- Seeds - sunflower seeds, corn and garden peas

Challenge to make your own salad using all the parts of a plant.

Activity 2- To make a fruit salad

Look at a variety of fruit, using your senses can you describe what it looks like/feel like/taste like/ smell like?

Some fruits grow in warmer countries, look at PowerPoint 2.

We want to create colour to make it look appealing how many different colours can you put in your fruit salad? Think about presentation - plate, dish or bowl; arrangement of fruit pieces, including size and shape.



Challenge-

Can you forage some nettles to make nettle soup? Recipe below. Remember to use gloves to pick the nettles and put them in boiling water to take the sting away (see recipe below).

# Nettle soup

**You will need:**

1 onion, chopped  
2 carrots, chopped  
1 large potato  
1 vegetable stock cube  
400g nettles  
Herbs from the garden



1. Cut the onion, carrots, and potato and add to the pan.
2. Measure 1 litre of water and add the stock cube, pour into the pan.
3. Add the nettle leaves and herbs.
4. Cook for 15 - 20 minutes.
5. Then blend the soup.
6. Enjoy with a piece of bread!

Cbeebies website has lots of recipes for you to try...

<https://www.bbc.co.uk/cbeebies/curations/easy-cooking-with-kids-recipes>