



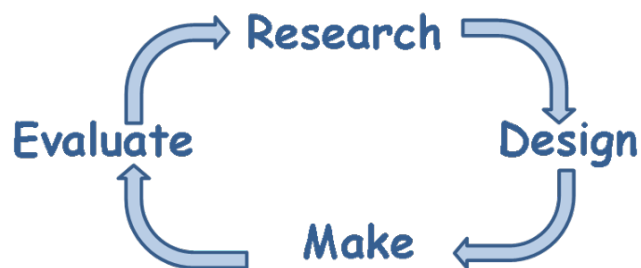
DT – A Healthy Meal

Year 1 – Summer 1 – Keeping Healthy

Brief

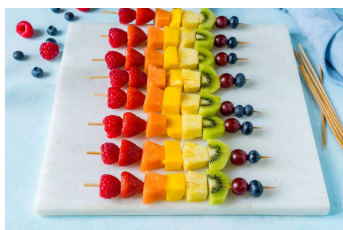
To make a healthy and tasty fruit kebab.

The fruit kebab must contain 5 different fruits. The fruit kebab must be a healthy snack and it must taste delicious.



The Design Cycle

Research Examples



Skills

- Researching
- Tasting/ Testing
- Designing
- Chopping
- Slicing
- Chopping
- Mixing
- Evaluating

Key Vocabulary

Diet	The food that a person eats.
Ingredient	Something that becomes part of a mixture.
Healthy	Feeling fit, strong and confident.
Balanced diet	Eating a variety of different types of food.

Links to other learning:

PSHE – To learn what constitutes a healthy lifestyle, including the benefits of healthy eating.

Science – To say which part of the body is associated with each sense, in particular sense of taste and smell.

Key Questions

- What types of foods are healthy?
- Which types of fruit did you like?
- How will you prepare your fruit salad?
- What could you do to improve your fruit salad?