



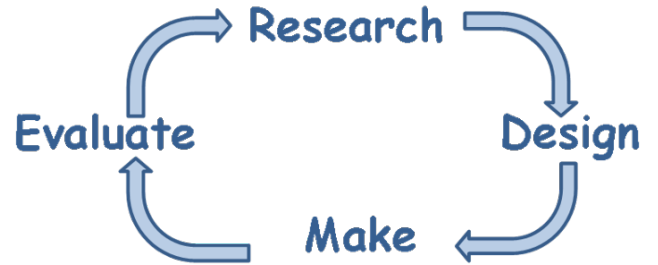
DT - A Healthy Meal

Year 1 – Summer 2 – 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?