





Hapton CE Methodist Primary School - Year 1 Spring 1 Knowledge Organiser
Design & Technology - Healthy Fruit or Vegetable Smoothie

I will lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth."
 Psalm 121 v 1-2

<p align="center">What should I know ...</p> <ul style="list-style-type: none"> • The importance of a healthy diet • How to manage basic hygiene i.e. handwashing • How to use simple tools safely and appropriately 	<p align="center">I will be taught facts on...</p> <ul style="list-style-type: none"> • The difference between fruits and vegetables • Which fruits complement each other in a smoothie • The importance of healthy eating to a healthy lifestyle • How packaging can be used to make products more appealing to customers 	<p align="center">Key Questions ...</p> <ul style="list-style-type: none"> • Product - what smoothies have we tasted? Which smoothie could we make? • Purpose – what could we make the smoothie for? • User - who is going to enjoy it? • How do we prepare the smoothie hygienically? • How do we cut, peel, grate and chop fruits/ vegetables safely? 												
<p align="center">Key Vocabulary and Definition...</p> <table border="1"> <tr> <td>Healthy</td> <td>Being free from sickness; well; fit.</td> </tr> <tr> <td>Unhealthy</td> <td>In bad health; ill.</td> </tr> <tr> <td>Hygiene</td> <td>The practice of keeping clean to stay healthy.</td> </tr> <tr> <td>Product</td> <td>Something made by means of either human work or that of a machine.</td> </tr> <tr> <td>Purpose</td> <td>A reason or plan that guides an action; design or goal.</td> </tr> <tr> <td>Ingredients</td> <td>One of the parts of a mixture</td> </tr> </table>	Healthy	Being free from sickness; well; fit.	Unhealthy	In bad health; ill.	Hygiene	The practice of keeping clean to stay healthy.	Product	Something made by means of either human work or that of a machine.	Purpose	A reason or plan that guides an action; design or goal.	Ingredients	One of the parts of a mixture	<p align="center">Key skills...</p> <ul style="list-style-type: none"> • Evaluating existing products • Designing a product based on existing products and their own ideas • Selecting ingredients for a fruit or vegetable smoothie • To group fruits and vegetables • To cut, peel, grate and chop a range of ingredients • To work safely and hygienically • Evaluating my own and others' work 	<p align="center">Web links ...</p> <p align="center"> https://www.nhs.uk/change4life/food-facts https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating%20games </p> 
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