

Year 1: Cooking and Nutrition

Why is it so important to eat fruit?

Design Brief

Many children eat too many sweets and chocolate snacks that are not good for their health.



Design, make and evaluate a delicious fruit-based snack for yourself for a school packed lunch.

Snack Ideas



banana oat pots



fruit frisbee



fruit kebabs

Design a Healthy Sweet Snack

You need essential vitamins, minerals and fibre from your food.



You will consider:

- appearance/aesthetics - *how will your snacks look, smell, feel and taste? How can you make them as appealing as chocolate?*
- cost - *how much will each snack cost?*
- customer - *you - what are your favourite fruits?*
- environment - *are your ingredients grown in a way that is kind to our planet?*
- size - *what makes a healthy portion of food?*
- safety - *will your snacks be safe for you to prepare and eat? Do you have any allergies?*
- function/purpose - *will your snacks be healthy, attractive, tasty and filling? Will they be easy to include in your lunch box?*
- materials - *what ingredients will you use?*
- manufacture - *how will you make each snack?*



Evaluate

Do your prototype snacks meet your design specification?



Vocabulary

berries	Small, juicy fruit without a stone.
Eatwell Guide	A healthy eating model.
healthy	Something that is good for your mind, body and your wellbeing.
native fruit	Fruit that has grown naturally in a country for many, many years.
orchard fruit	Apples, pears and fruits with stones such as peaches, apricots and plums.
portion	A share or amount of something.
senses	Sight, smell, hearing, taste and touch.
tropical fruit	Fruit grown in hot, humid countries.
unhealthy	Something that is not good for your mind, body and wellbeing.

CRC Article 24: All children have the right to healthy, nutritious food.

CRC Article 29: All children have the right to develop their skills and talents.



peel



grate



thread



juice/squeeze



spoon



mix - stir



spread



cut - claw technique



cut - bridge technique