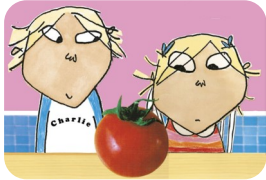


Year 2: Cooking and Nutrition

Why is it so important to eat vegetables?

Design Brief

Lola will never, not ever, eat a tomato and lots of other healthy foods!



Design, make and evaluate a delicious savoury snack for children like Lola to show how delicious healthy food can be. Remember to name your snack to appeal to unadventurous eaters like Lola.

Design a Healthy Savoury Snack for Lola

Lola needs essential vitamins, minerals and fibre from her food.

You will consider:

- appearance/aesthetics - *how will your snacks look, smell, feel and taste?*
- cost - *how much money will each be?*
- customer - *how can you make each snack appeal to Lola?*
- 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 for Lola to eat?*
- function/purpose - *will your snacks be healthy, attractive, tasty and filling?*
- materials - *what ingredients will you use?*
- manufacture - *how will you make it?*



Evaluate

Do your prototype snacks meet your design specification?

Could they persuade a fussy eater that vegetables are delicious as well as good for us?



Vocabulary

Eatwell Guide	A healthy eating model.
healthy	To be good for your mind, body and wellbeing.
imported	Something brought into one country from another.
salad	A dish (meal) of raw or cooked vegetables.
unhealthy	Not good for your mind, body and wellbeing.

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



Snack Ideas



The Eatwell Guide



peel



grate



tear



spoon



mix - stir



spread



shape



cut - claw technique



cut - bridge technique