



Mossfield Primary School Knowledge Organiser

Year 1 Summer- Eating more Fruit and Veg



To understand the importance of a healthy diet through tasting and evaluating food products available.
To understand where fruit and veg comes from and design a product with a given criteria.

Key Learning

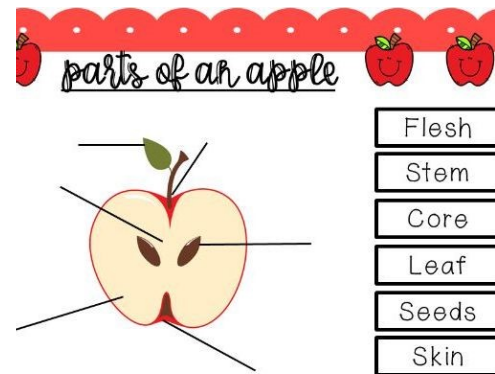
I can gain data and use it to produce a pictogram of favourite vegetables within my class.



I can use my senses to explore different fruits and vegetables.



I can label and describe different fruits and vegetables.



I can prepare fruit safely by washing, peeling and cutting.



I know why it is important to eat a healthy diet and can tell you where some fruits and vegetables come from.



I can design a salad or smoothie for a restaurant following given criteria.

Each recipe must be...

- ★ Made from fruits or vegetables
- ★ Colourful
- ★ Tasty
- ★ Healthy

I can make a smoothie or salad based on my design, using the methods I have practised.



I can evaluate my design and talk about what I like and what I could improve on.



Key Vocabulary

Healthy diet	To eat foods and drink fluids that are good for your body and that give you energy.
Pictogram	A simple graph that show the information collected using a picture.
Prepare	What we need to do with fruit and vegetables before we eat them.
Peel	To remove the skin from the fruits and vegetables.
Criteria	Requirements that need to be met.
Design	To plan and draw an idea using research and previous prototypes.
Create	To make their idea with the foods that they have planned for.
Evaluate	To look at their creation and think about the things that have worked well and those that they would change to improve next time.