

Y1 Summer 2: Design Technology: cooking and nutrition

Enquiry Question: Can I make a healthy meal for a Teddy Bear's picnic?

Significant individual



Jamie Oliver is a British chef. He helped to change school meals by making sure that the food served in schools is healthy and good for you.

Key Vocab

Ingredients
Hygiene
Healthy
Balanced diet
Chop
Knife
Mix
Stir
Recipe

Healthy eating plate

- Wash your hands before and after touching food.
- Make sure long hair is tied back.
- Read the labels on food products carefully. The label will tell you the safest way to store the product – whether it's in the fridge or in a cool cupboard.
- Wash all fruits and vegetables before eating and preparing.
- Move carefully in the kitchen – never run.
- Wipe up any spillages straight away.
- Be careful when using sharp knives or utensils.
- Use oven mitts to remove hot food and dishes from the stove and oven.
- After you have finished cooking and preparing food, wash all of the utensils you have used in hot, soapy water.



Safe and hygienic food

