

Year 1 DT Knowledge Organiser Summer 2

Assessment Question: What ingredients can I use to make a healthy sandwich?

Key Vocabulary

taste healthy cut mix spread slice
grate chop chopping board knife grater
sandwich filling ingredients

Skills



- to prepare
- to spread
- to chop
- to grate
- to arrange

Knowledge

- Know that when cooking or preparing food I need to wash my hands to stop the spread of germs.
- Know the difference between healthy and unhealthy food.
- Know that I should eat at least 5 portions of fruit and vegetables every day.
- Choose appropriate healthy ingredients to make a sandwich
- Select and use a range of different appropriate tools to make sandwich.
- Discuss my finished sandwich and evaluate what could be improved.

Examples

