
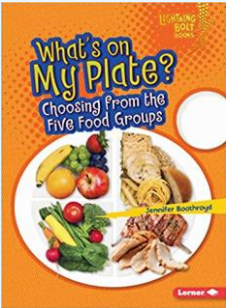
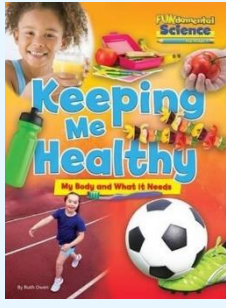


Year 2: D&T – Food Healthy Sandwich/Wraps

Subject Specific Vocabulary		Memorable Image	Exciting Books
sandwich	Slices of bread with other food between them such as meat or cheese.		 
ingredients	The food items combined to make something specific such as a sandwich		
food groups	Any group of foods organised by nutritional properties such as dairy or protein.		
healthy	Good for your health.		
		Sticky Assessment Knowledge	
peel	To remove the outer coverings or skin on fruit or vegetables.	<input type="checkbox"/> I know the key ingredients of a sandwich/wrap. <input type="checkbox"/> I know that to stay healthy it is important to eat a balanced diet of foods from each of the five food groups. <input type="checkbox"/> I can select and use a range of different appropriate tools to make a wrap or sandwich. <input type="checkbox"/> I can design a sandwich based upon a design criteria. <input type="checkbox"/> I can use a wide range of cookery techniques to prepare food safely i.e. cutting, slicing, grating <input type="checkbox"/> I can evaluate designs and sandwiches created.	Useful Websites
chop	To cut something into pieces.		
grate	To reduce something into small shreds using a grater.		
balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.		
meat	Flesh of an animal used for food.		
vegetable	A plant or part of a plant used for food.	<ul style="list-style-type: none"> Washing your hands before preparing or cooking food is important to stop the spread of germs. There are many different types of sandwiches and many types of filling that can be placed within a sandwich. 	
taste	The sensation of flavour in the mouth.		