



I have been exploring **Food** and I have learnt...



Stages of my food unit

I Don't Make Excuses

Investigate- We tasted existing smoothies and tried the fruits and vegetables that are usually used in smoothies.

- We practised the skills needed to prepare a fruit salad such as peeling, cutting, slicing, grating and squeezing.

Design- From our taste test, we thought about which fruit and vegetables would be suitable for a smoothie.

- We used sketches and labels to design smoothies. From this, we chose the best design, which we based our final product on.

Make- As a team, we carefully prepared the ingredients, and talked about how to make our smoothies.

-We selected the ingredients we had included on our final design and prepared our smoothies.

Evaluate- We tried our final product and thought about our original design brief. We discussed what went well when we were making our product, and what we would improve if we were making another smoothie.



Key Vocabulary

Smoothie – a thick, smooth drink of fresh fruit mixed with milk, yoghurt or ice cream.

Nutrients – found in food. Nutrients provide the body with vitamins and minerals to help it to function.

Ingredients- foods that are mixed together to make a particular dish.

Utensils – tools that are used in the house such as knives, forks or spoons.