



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

### Stages of my food unit

#### I Don't Make Excuses

**Investigate-** We considered what types of food could be included in a healthy diet.

- We looked at our design brief and existing ingredients used to make a wrap. We investigated the appearance, smell and texture of the ingredients.

**Design-** We thought about the different ingredients we could use for a wrap and broke these down into subheadings (wrap, meats, sauce, salad, cheese).

- Using sketches and labels, we designed different healthy wrap. From this, we chose the best design, which we based our final product on.

- We practised the skills needed to make our wraps such as grating, spreading and cutting.

**Make-** In groups, we discussed what techniques and equipment we would need to use to prepare our ingredients.

-Using our final designs, we assembled our wraps together.

**Evaluate-** We discussed whether our wraps met our design brief and considered if the ingredients complimented each other. We thought about what worked well and what we would do differently next time.

### Key Vocabulary

**Wrap-** a tortilla wrapped around a filling.

**Grating-** to cut food into very small pieces by rubbing it against a special tool (grater)

**Appearance-** how food looks to the eye.

**Folding-** carefully combine two mixtures to make one smooth mixture.

