



Year 1 – Food

Design and make a healthy sandwich



slice of bread

healthy filling

slice of bread

3 things that I should already know:

1. That we need to eat a variety of foods
2. To wash our hands before touching food
3. How to chop food using a knife

3 things that I will learn:

1. To describe the taste, smell and texture of food
2. How to peel, mix, spread and grate
3. That food comes from plants and animals

Think:

Is your sandwich healthy? How do you know?

Vocabulary:

Healthy	Foods that are good for your body
Peel	To take off the outer skin from a fruit or vegetable
Mix	To put things together and stir them
Spread	To cover a surface with a thin layer
Grate	To make something smaller by rubbing it on a grater
Texture	How something feels

