



Design Question

Design, create and evaluate a smoothie

Key Knowledge

Know where food comes from

- Fruit grow on trees, bushes and vines.
- There are 5 different categories of food – carbohydrate, protein, dairy, fruit, fats and sugars.

Nutrition

- Understand that a balanced diet is healthy.
- Begin to understand how ingredients can be used to change flavours of food produced.

Preparation

- Understand how to prepare ingredients safely and hygienically.
- Further develop skills including chopping, slicing, blending.

Vocabulary

Hygiene

A collection of habits that people perform to keep themselves clean and their bodies healthy.



Fruit

The part of a flowering plant that contains the seeds.



Vegetable

Any edible part of a plant that does not have seeds.



Sense

The way someone experiences the world. Humans use touch taste smell, sight and hearing.



Carbohydrate

A source of energy that when not burnt off will be stored as fat.



Protein

A component of the eatwell plate that includes meat, fish, bread, nuts and seeds.



Dairy

Containing or made from milk.



Healthy

Being free from sickness; fit, well.



Pioneers



Boost smoothie company have realised that their smoothies are not selling as well as they used to. They asked Year 2 to design and create a design for a new smoothie.

Text

