

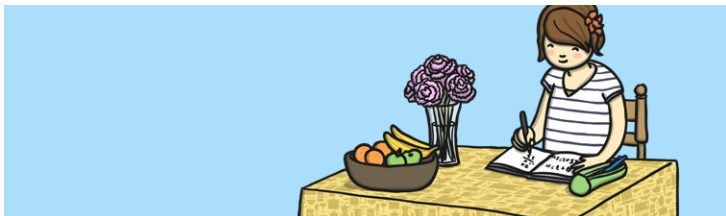
Introduction

This Sensational Salads unit will teach your class about peeling, zesting, cutting safely and applying these skills when preparing healthy dishes. Children will learn key information about healthy eating and where their food comes from. They will gain some practical ideas about ingredients that can be combined to make interesting and healthy salads.



Health & Safety

It is advisable that a consent form, to gain permission for food tasting, is sent out before the unit is started. Be aware of any children with food allergies or intolerances when delivering the following sessions: Root Salad Evaluation, Preparing Salads, Making a Fish Salad and Fruit Salads. Ensure that there is adequate adult supervision and guidance when children are using kitchen equipment such as scissors, graters and safe knives. Ensure that the Safe Preparation Skills Adult Guidance is followed.



Home Learning

Task 1 Trying Fruit and Vegetables: During this homework task children are encouraged to try a new fruit and vegetable each week and then record the different ones they have tasted.

Task 2 Fruit and Vegetable Alphabet: Children are challenged to think of a fruit or vegetable that begins with each letter of the alphabet and record it on an alphabet grid.

To look at all the resources in the Sensational Salads unit [click here](#).

To find out more about PlanIt download our [free guide here](#).

Disclaimers: This resource is provided for informational and educational purposes only. You must ensure that an adequate risk assessment is carried out prior to using this resource. It is your responsibility to ensure that the information/activity this resource contains are safe and appropriate to use in your situation.

As this resource refers to food items/ingredients, and hot appliances, you must ensure that an adequate risk assessment is carried out prior to using this resource. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure you are aware of the allergies and health conditions of anyone making or consuming these products.

Assessment Statements

By the end of this unit...

...all children should be able to:

- Know how to eat a healthy and varied diet.
- Use the basic principles of a healthy diet to prepare dishes.
- Follow a simple recipe with some guidance.
- Work with close adult supervision to use measuring spoons, zesters and juicers to prepare dishes.
- Understand that some food is grown and some food is caught.

...most children will be able to:

- Explain that the food they eat can be split into different groups and know they should eat a balance of foods, including fish, to have a healthy and varied diet.
- Use the basic principles of a healthy diet to prepare dishes and start to understand why it is healthy.
- Follow a simple recipe.
- Work with some independence to correctly use measuring spoons, zesters and juicers when preparing dishes.
- Understand that fruit and vegetables are grown in different places and that fish is caught in seas, rivers and lakes.

...some children will be able to:

- Give specific names, like protein, to the different foods they eat and know how to maintain a healthy and varied diet. They will understand that they need more of some foods than others.
- Use the basic principles of a healthy diet to prepare dishes and give some detail about why it is healthy.
- Accurately follow a simple recipe.
- Work mainly independently to accurately use measuring spoons, zesters and juicers.
- Give specific names of vegetables that grow below the ground and fruits and vegetables that grow above the ground. They will also know the names of different types of fish and understand where they come from.

Lesson Breakdown

1. Where Our Food Comes From

Understand where food comes from in the context of looking at different fruits and vegetables.

- I can name different fruits and vegetables.
- I can explain where some food grows.

Resources

Lesson Pack

Assessment Pack

- A selection of fruit and vegetables, some that grow below the ground and some that grow above.



2. Root Salad

To explore and evaluate a range of existing products in the context of tasting salads made mainly from root vegetables.

To use the basic principles of a healthy and varied diet to prepare dishes.

- I can explore and evaluate existing products.
- I can explain why I need to eat fruit and vegetables.

Lesson Pack

Assessment Pack

- A selection of salads made mainly from root vegetables.



3. Preparing Salads

Use the basic principles of a healthy and varied diet to prepare dishes in the context of preparing a salad made from root vegetables.

- I can prepare and make a healthy salad made from root vegetables.

Lesson Pack

Assessment Pack

- Chopping boards, peelers, bowls, graters, safe knives, food scissors, teaspoons, tablespoons and plastic taster spoons.



4. Fish the Facts

To understand where food comes from in the context of the fish we eat.

- I can explain where fish comes from and why it is important to eat fish.

Lesson Pack

Assessment Pack

- Strips of paper in different colours.



5. Making a Fish Salad

Use the basic principles of a healthy and varied diet to prepare dishes in the context of preparing fish salads

Select from and use a range of tools and equipment to perform practical tasks.

- I can prepare a tasty fish salad.

Lesson Pack

Assessment Pack

- Safe knives, forks, spoons, chopping boards, mixing bowls, kitchen scissors, can opener, kitchen scales, juicer, zester.
- Ingredients to make Speedy Tuna Salad.



6. Fabulous Fruit Salad

Select from and use a range of tools and equipment to perform practical tasks in the context of preparing fruit salads.

Understand where Food Comes From.

- I can explain where different fruits come from.
- I can prepare a tasty fruit salad.

Lesson Pack

Assessment Pack

- Chopping board, safe knife, large bowl, a 15ml measuring spoon (tablespoon) and 4 serving bowls.

