



Cooking : Vegetable Kebabs– Year 1

Previous knowledge -In EYFS children have spoken about healthy eating during fruit time. They have played with and discussed food in the kitchen area. The children have also discussed the Harvest Festival.

Vocabulary

Tier 1	Tier 2	Tier 3
Vegetable	Ingredients	Nutrients
Skewer	Utensils	Equipment
Kebab	Texture	Sensory evaluation

Useful Resources

Super potato/Hungry caterpillar

<https://www.youtube.com/watch?v=mMHVEFWNLMc> - healthy eating

https://www.youtube.com/watch?v=6dqE08IJ9M_-

How to make a skewer

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/> - Eat well guide

<https://www.jamieoliver.com/videos/how-to-teach-your-kids-to-chop-safely/> - Safe chopping by Jamie Oliver

Oliver

How do we prepare vegetables safely?



- Understand where a range of fruit and vegetables come from e.g. farmed or grown at home.
- Understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of The eatwell plate.
- Know and use technical and sensory vocabulary relevant to the project.

Notable Chef - Jamie Oliver



We will learn to:

Design

- Design appealing products for a particular user based on simple design criteria.
- Generate initial ideas and design criteria through investigating a variety of fruit and vegetables.
- Communicate these ideas through talk and drawings

Make

- Use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.
- Select from a range of fruit and vegetables according to their characteristics e.g. colour, texture and taste to create a chosen product.

Evaluate

- Evaluate ideas and finished

Hygiene Rules

- Jewellery is off
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- Hands are washed
- Cuts are covered with with waterproof dressing