



## The Project Title

Design, make and evaluate a vegetable salad for yourself for lunchbox.

### What should I already know?

- Examine a range of fruit
- Describe fruit through talking and drawing
- Use basic food hygiene
- Use basic utensils
- Discuss healthy eating advice
- Explain where fruit is farmed and grown
- Plan, make and evaluate fruit kebab

### Powerful Knowledge

- Examine and evaluate a range of vegetables
- Evaluate vegetables and make preferences
- Use basic food hygiene
- Use basic utensils
- Discuss healthy eating advice and the 'Eat well Guide'
- Explain where vegetables are farmed and grown
- Plan, make and evaluate a vegetable salad

Skill: Plan

### Useful Diagrams



### Vocabulary

**vegetable**

A plant used for food.



**healthy**

To be healthy means to not be sick.



**diet**

What a person eats.



**nutrients**

All the things in food that the body needs to remain healthy.

