Our Lady and St Edward's Knowledge Organiser	Year 1 - Design and technology	Summer	Food: Staying safe and healthy in the Summer.

Outcome: To explore the ways in which people keep safe in warm weather. This will include an exploration of parasols and shelters and how they are used to shield us from the sun's UV rays. It will also look at nutritious ways people eat in the summer months. The pupils will create their own nutritious sundaes that reflect the knowledge they have acquired. To create a shelter from the sun.

Key Information about Summer safety	Key Vocabulary
UV rays and keeping covered: The sun shines light to the earth, and part of that light has invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Whether you're playing outside, taking a staycation or going abroad it's important to protect your skin from the sun. Some of the things we use to keep safe in the sun's rays are hats, sun cream, tents and parasols. Each of these things protect the skin from being directly affected by the sun. **Ice Cream Sundae:** A sundae is an ice cream dessert of American origin that typically consists of one or more scoops of ice cream topped with a selection of fruit, whipped cream and fruit sauces. These desserts are adapted to personal preference and can be a nutritious, fruit filled way to keep cool in the summer months.	**Dairy:** Dairy products are foods that are made from animal milk. **Fruit:** The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food. **Ice cream:** A soft, sweet frozen food made with milk and cream and typically flavoured with vanilla, fruit, or other ingredients. **Nutrition:** Nutrition is about eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy. **Diet:** The kinds of food that a person, animal, or community habitually eats. **Flavours:** The distinctive taste of a food or drink. **Hygiene:** The conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness. **5 a day:** A term used in reference to nutritional guidelines recommending the consumption of at least five portions of fruit or vegetables each day. **Balanced**: Refers to the amount of each food group needed to be healthy. **Produce:** Produce is a generalised term for many farm-produced crops, including fruits and vegetables. **Food group:** A food group is a collection of foods that share similar nutritional properties or biological classifications. **Recipe:** A set of instructions for preparing a particular dish, including a list of the ingredients required. **Evaluate:** Decide if your recipe design meets its purpose. **Prepare:** To make (something) ready for use or consideration. **Purpose**: The reason for which something is done or created

Key Knowledge	Health and Safety
● To understand the importance of keeping covered in the sun. ● To understand the need for a balanced and nutritious diet. ● To explore why should eat five portions of fruit and vegetables per day. ● To explore the properties of dairy products (such as ice cream) and understand the benefits they can have for our bones. ● To identify that dairy is a product of farming (more specifically cows). ● To explore the benefits of fruit as part of a balanced diet. ● To design an ice cream sundae and evaluate its nutritional value.	All children should be supervised when using equipment. Equipment: cutlery, hygiene products, foods. Dietary requirements of children must be taken into consideration when preparing and tasting foods. **NO PRODUCTS CONTAINING NUTS**

What I should already know:	By the end of this unit, I will know:
- Why humans need a balanced diet. - What things can help keep us safe in the sun e.g. sun cream - What are healthy and unhealthy foods?	- What a balanced diet consists of and how to keep healthy. - To create a healthy sundae

	- Know how and why we need to keep safe in the sun and know that shelter can help with this