

**Design and make a smoothie fit for the King**

**DT Theme:  
(Joining / Textiles)**

**Teaching focus:  
Learning Lens: Food / Fruit and Vegetables  
Class: Year 1**

**Previous Knowledge**

(EYFS) Nutrition units YR

**Project Hook or 'Wow' memory**

**What am I? Riddles and taste testing**

**Key Skills**

Identifying different fruits and vegetables

Cutting up fruit and vegetables safely.

Designing a smoothie cartoon.

Following a recipe.

Reflecting on the finished smoothie, explaining likes and dislikes.

**Learning Steps**

**Key Knowledge**

To identify if a food is a fruit or a vegetable

Sorting / handling fruit and vegetables.  
Seed search. Vegetables do not contain any seeds.  
(tasting cucumber, tomato, avocado, pepper commonly mistaken for veg)

To identify where plants grow and which parts we eat

I know that fruits and vegetables grow in one of three places:

- on trees or vines
- above the ground
- below the ground

To identify which fruits and vegetables are contained in some mystery smoothies

What is a smoothie? Why are they good for us? What might we need to do before tasting them?

Plan and make a smoothie

Looking at the smoothie ingredients design the smoothie carton- see template.  
Follow the recipe to make

Evaluate the final smoothie against success criteria based on peer assessment.

Use the evaluation criteria to assess the different smoothies and finished product.

**Key vocabulary**

Fruit  
Vegetable  
Slice  
Carton  
Flavour  
Leaf  
Root

Seed  
Stem  
Healthy  
Peel  
Smoothie  
Vegetable

**Final outcome**

Create a healthy smoothie using fruit and veg

Images / themes to support the planning process. Simple designs. Framework to support evaluation.

