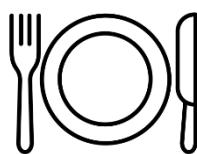


Design Brief: To make a healthy sandwich for a Year 2 child.

Strand of DT



cooking & nutrition



Product Research

DT process



Design



Make



Evaluate



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AIMS OF EDUCATION



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What?



- Nutrients help us grow, repair our bodies from illness and injury, build strength and give energy. Living things need these building blocks to survive.
- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates.
- Have some dairy or dairy alternatives (such as soya drinks).
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).
- Choose unsaturated oils and spreads and eat in small amounts.
- Drink 6-8 cups/glasses of fluid a day.



Grating:

- Hold the item you are going to grate with the hand you write with.
- Stabilise the grater with your other hand.
- Pull the item down from top to bottom.
- Mind your fingers by keeping them away from the grater.

Claw grip:

- Make a claw with your hand by partly curling your fingers.
- Decide how thick you want the slices.
- Pick up the knife and place your index finger on the back of the blade with the blade facing downwards.
- Slice through the item using a sawing action.
- Slide your fingers backwards keeping your grip on the item and continue slicing.

Bridge hold:

- Bridge your hand over the item so that your thumb is on one side and your fingers on the other.
- Pick up the knife and place your index finger on the back of the blade with the blade facing downwards.
- Guide the knife under the bridge and cut into the item by gently pressing the knife down in a sawing action.
- Pull the knife out of the bridge.



- Evaluations should explain what went well in the design and making process and what could be improved.
- They should also explain how the finished product matches the design criteria.

Vocabulary

balanced diet	Eating foods from a variety of food groups.
nutrition	Getting the food necessary for health and growth.
sandwich	An item of food consisting of two pieces of bread with a filling between them.
spread	To cover something with soft food.
grate	To break food, such as cheese, into small, thin pieces.
slice	To cut something into small pieces.



- There are many types of filling that can be placed within a sandwich: ham, tuna, cheese, egg, cucumber, lettuce, tomato, jam etc.



Design criteria:

1. Include items from a variety of food groups: carbohydrate, protein, dairy, fruit or vegetable and fat.
2. Appropriate for an audience of Year 2 children.
3. Looks appealing.
4. Tasty.
5. Food is prepared safely.



Skills



- Wash your hands.
- Find a clean space to make your sandwich.
- Collect your equipment and ingredients.
- Place two slices of bread on your breadboard.
- Spread butter or margarine on each slice.
- Prepare and add your filling.
- Place the two pieces of bread together.
- Slice down the middle of the sandwich with a knife.

Finished product

