



# Key Question: How smooth is your smoothie?

## *Food Technology-Designing a healthy smoothie.*



### Vocabulary

|                     |                                                                                                 |
|---------------------|-------------------------------------------------------------------------------------------------|
| <b>Equipment</b>    | The resources we need.                                                                          |
| <b>Instructions</b> | Set of information that teaches you how to do something.                                        |
| <b>Chop</b>         | Cut something into pieces.                                                                      |
| <b>Mash</b>         | Crushing food to make it soft.                                                                  |
| <b>Blend</b>        | To combine two or more ingredients by hand, or with an electric mixer or blender, until smooth. |
| <b>Pour</b>         | To make a liquid flow from one container to another.                                            |



In this topic, **we are learning to:**

- **Explore** different fruits and vegetables. Identify likes and dislikes.
- **Generate** ideas and explain what we are going to do.
- **Decide** to develop our ideas by recording in different ways.
- **Create** a final design using appropriate techniques.
- **Evaluate** our final products deciding upon successes and area for improvement.

### **Skills required:**

- Chop
- Mash
- Blend
- Mix
- Pour



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### Assessment Focus:

#### **Explore:**

- Group familiar food products eg fruit and vegetables.
- Begin to understand that everyone should eat at least five portions of fruit and vegetables every day.
- Begin to understand the development of existing products: what they are for, how they work, materials used.
- When looking at existing products explain what we like and dislike about products and why.

#### **Generate:**

- Begin to draw on our own experience to help generate ideas.
- Start to suggest ideas and explain what we are going to do.
- Understand how to identify a target group for what we intend to design and make based on a design criteria.

#### **Decide:**

- Begin to develop our ideas through talk and drawing.

#### **Create:**

- Prepare simple dishes safely and hygienically without using a heat source.
- Cut ingredients safely.
- Begin to make our design using appropriate techniques.

#### **Evaluate:**

- Start to evaluate our product by discussing how well it works in relation to the purpose (design criteria).
- Begin to evaluate our products as they are developed, identifying strengths and possible changes we might make.