

Willerby Carr Lane Primary School – Design and Technology

Topic: Sandwich Snacks

Year: 2

Strand: Cooking and Nutrition

What should I already know?

- How to cut and slice fruit safely
- How to consider preferences when making a healthy fruit salad
- The essentials of personal hygiene when cooking

What will I know / be able to do by the end of the unit?

How can we vary the types of sandwiches we make?	<p>People have different preferences which I can find out using a taste test and a tally chart.</p> <p>Sandwiches can vary by the choice of:</p> <ul style="list-style-type: none"> • Bread – toasted, plain, white, wholemeal, pitta, fajita, chunky, open, double decker • Spread – butter, margarine, mayonnaise • Filling – egg, bacon, tuna, cheese, salad, tomato, chicken, ham etc • Appearance/ shape
How can I ensure my sandwich is a healthy, 'balanced plate?'	<ul style="list-style-type: none"> • I can place foods into their correct food groups <ul style="list-style-type: none"> ○ Fruit and vegetables ○ Potatoes, bread, rice, pasta, starchy carbohydrates ○ Dairy and alternatives ○ Beans pulses, fish, eggs, meat ○ Oil and spreads • I understand that sandwiches can form part of a healthy diet with a balance of foods
What are the important aspects of hygiene when preparing food?	<ul style="list-style-type: none"> • Personal hygiene - eg washing hands, keeping long hair tied back, wearing an apron • Food storage <ul style="list-style-type: none"> ○ fridge (e.g. cheese, salad, cold meat) ○ cupboard – unopened tins ○ wrapped – bread • Wrapping a sandwich once made.

Vocabulary

Designing

appearance	the way something looks
bar chart	chart or graph that presents data with rectangular bars
cost	the amount of money paid for something
criteria	the standards by which to judge something
data	facts, figures, or other pieces of information that can be used to learn about something
preference	a thing that is liked better
questionnaire	a list of questions used for gathering useful information from people
taste	the flavour of something by putting into the mouth
texture	the feel of something
Making	
blend	to mix enough so that there no longer seem to be separate parts or ingredients
chop	to cut
grate	reduce food to small shreds by rubbing it on a grater.
slice	to cut food thinly
Knowledge and Understanding	
balanced plate	a meal with a healthy combination of the 5 food groups
filling	what goes in a sandwich
healthy eating	eating a balance of food over a week
high risk	involving a chance of getting hurt
hygiene	keeping clean to stay healthy and prevent disease.
ingredients	one of the parts of a mixture

Key Design Decisions & Skills

- What is the purpose of the sandwich? E.g. for a summer picnic
- Establishing the criteria for a successful product
- To evaluate a range of bought sandwiches, recording opinions on appearance, smell, taste and texture. Record this information on a database to find the most popular choice.
- To consider how the sandwiches are packed and stored in a shop until use
- Show the children how to prepare and/or cook simple sandwich components eg hard-boil an egg, make tuna mayonnaise, grill bacon rashers, make cheese on toast.
- To consider the function of each ingredient in the sandwich eg bread – to hold filling, spread – to bind together and moisten.
- To develop a clear sequence for making the sandwich, emphasising that the quality of the finished product can be ensured through accurate use of tools and careful presentation
- Evaluate their product and each other's against the original design criteria. How well does this work? How can you improve it? What do you need to change?
- Using a knife for cutting and slicing.
- Using a knife safely for cutting and slicing e.g. keeping fingers well back and cutting away from self (using the 'bridge' and the 'claw' method) while cutting
- Cutting items such as tomatoes, in half first to make slicing easier and safer.
- To know how to store food appropriately
- To check for allergies prior to commencing any practical work

Tools and Resources

- Aprons, cutting boards, knives for cutting/slicing, knives for spreading, bowls, plates, plastic film, hair tie-backs,

Pictures

