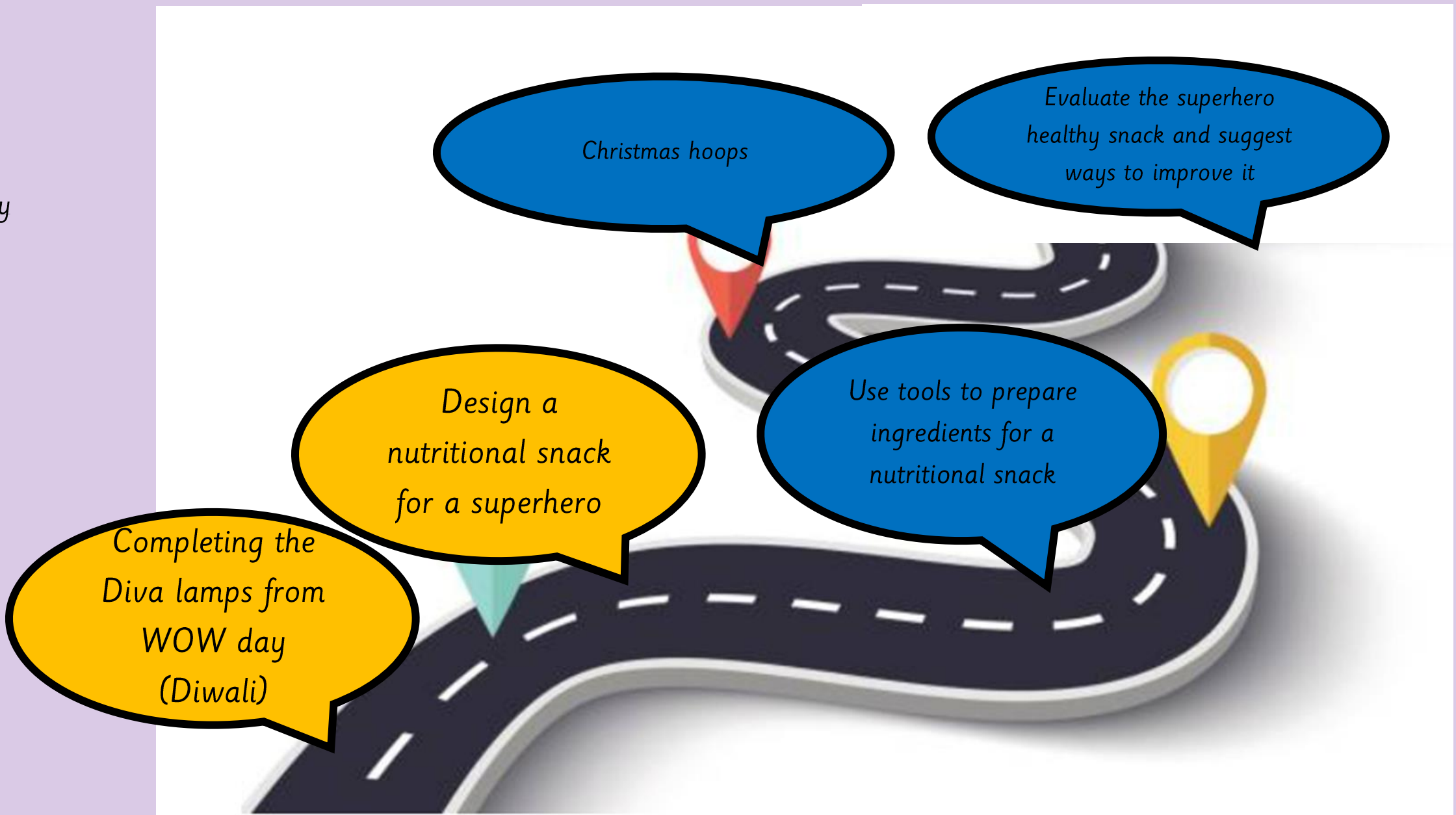




Week 2

Our DT Learning Journey

Key vocabulary
Nutrition
Nutrients
Vitamins
Minerals
Healthy
Food
Plants
Animals
Farmed
Processed
Harvested
Transported



Review

SUPERHEROES

TP: What do Superheroes need to stay healthy? How do you know?





LQ: Can I design a nutritional snack for a superhero?

Steps to success

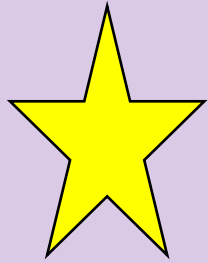


All: I can design a healthy snack.

Most: I can explain what healthy means.

Some: I explain the importance of being healthy.

Star words



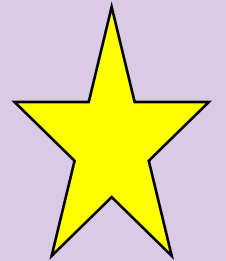
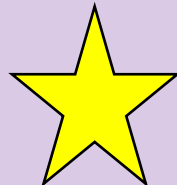
design



healthy



fruit salad



TP: What do you know about being healthy?
Why is it important to be healthy?

Let's watch a video on being healthy.

<https://www.youtube.com/watch?v=dhpCdqOtuj0>



Stem:
I know being healthy means to_____.



Why is it important to eat healthy food?

Let's create a mind maps of your ideas.



Let's watch a video on why it is important to eat healthy foods.

<https://www.youtube.com/watch?v=fE8lezHs19s>

Self assessment

Do you understand why it is important to eat healthy foods?



Today you are going to design a healthy snack for a Superhero.
You will design your own fruit salad.

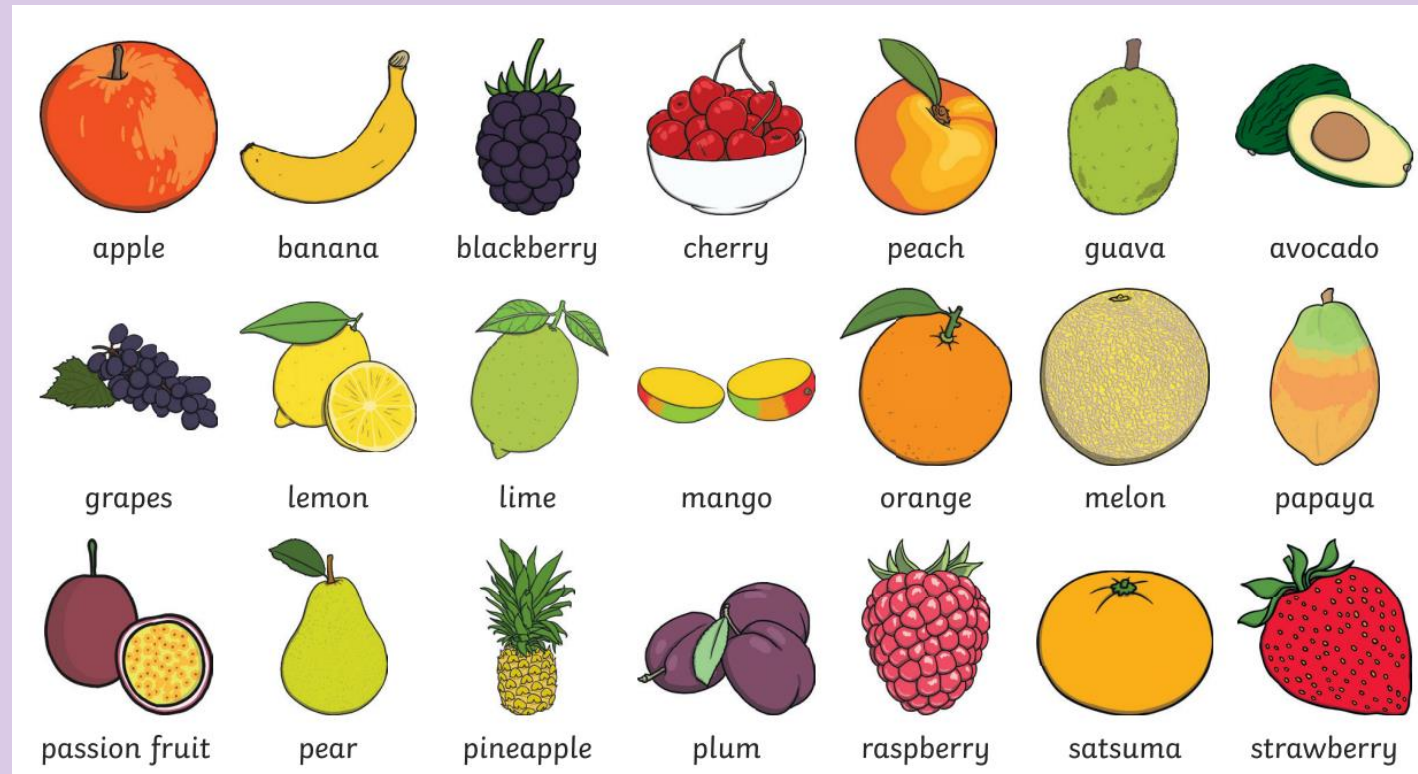
TP: What does your product need to have?

How does it benefit superhero's?



Let's explore some ingredients you may want to use.

<https://www.youtube.com/watch?v=rhqXtlfyTk8>



TP :What is suitable? Why?

What equipment will you need to cut the ingredients?




Task

Design a healthy snack for your Superhero.

Design a snack for a Superhero


I will make: _____

Circle the healthy ingredients



Cut and stick the pictures of healthy ingredients to design your snack

NS – Circle the plates of food that are healthy for a Superhero.



Design a snack for a Superhero

I will make: _____

<i>Ingredients:</i>	<i>Equipment:</i>
_____	_____
_____	_____
_____	_____
_____	_____

Draw your snack for a Superhero.

NS – Why is eating healthy important?

Self assessment

Do you understand what to do? 