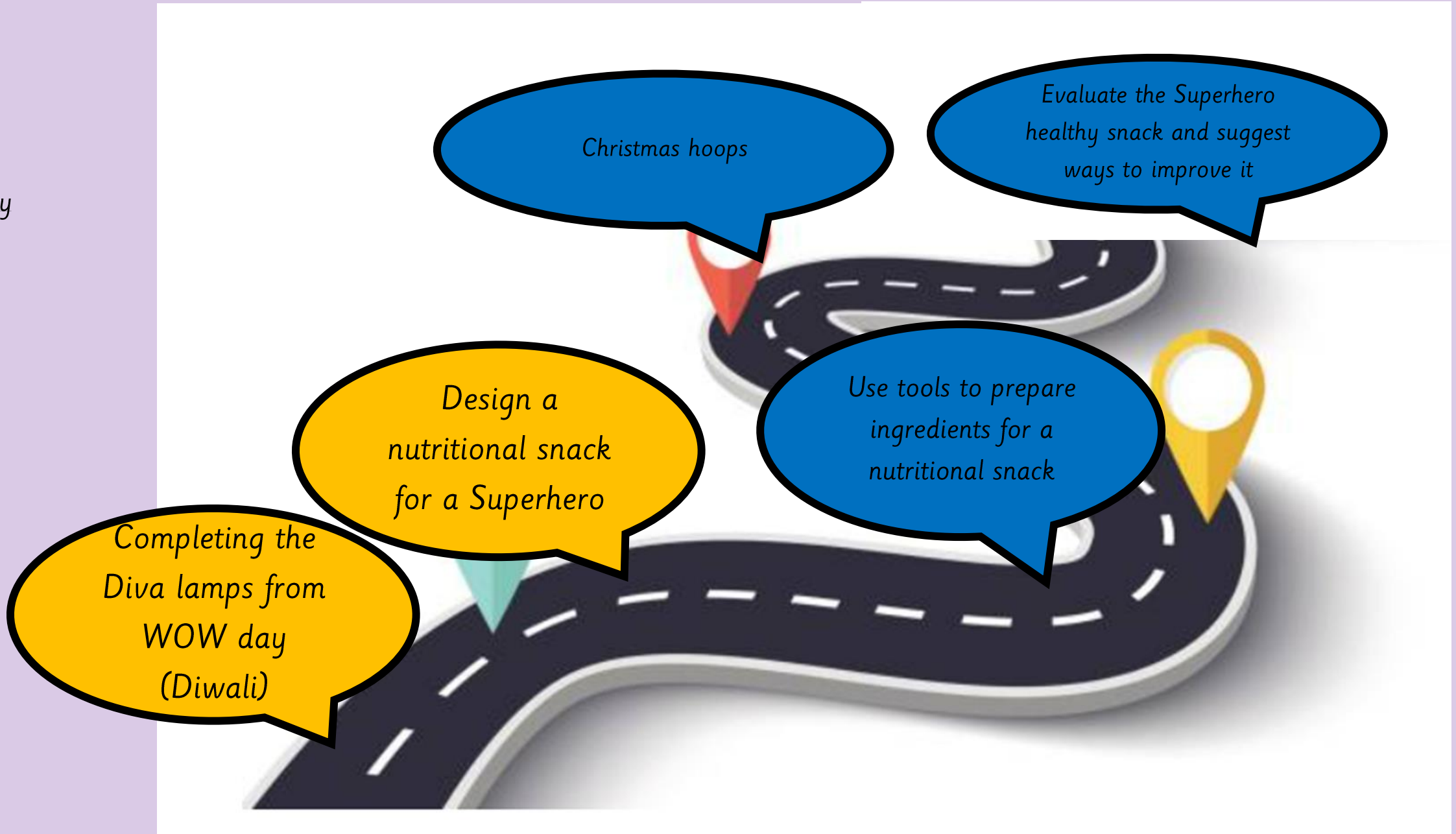



# Week 2

# Our DT Learning Journey

Key vocabulary

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





Wednesday 11th November 2026

# 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 can explain the importance of being healthy.

# Star words

design




healthy





fruit salad

# Review




TPs: What do Superheroes need to stay healthy?

Sentence Stem:

A Superhero needs…



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

Wednesday 11th November 2026



## TPs: 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

## Sentence Stem:

I know being healthy means to...

It is important to stay healthy

because...





# Why is it important to eat healthy food?

Let's create a mind maps of your ideas.

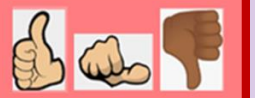



Let's watch a video on why it is important to eat healthy foods.

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.

TPs: What does your fruit salad need to have? Why?

Sentence Stem: My fruit salad will have…because…

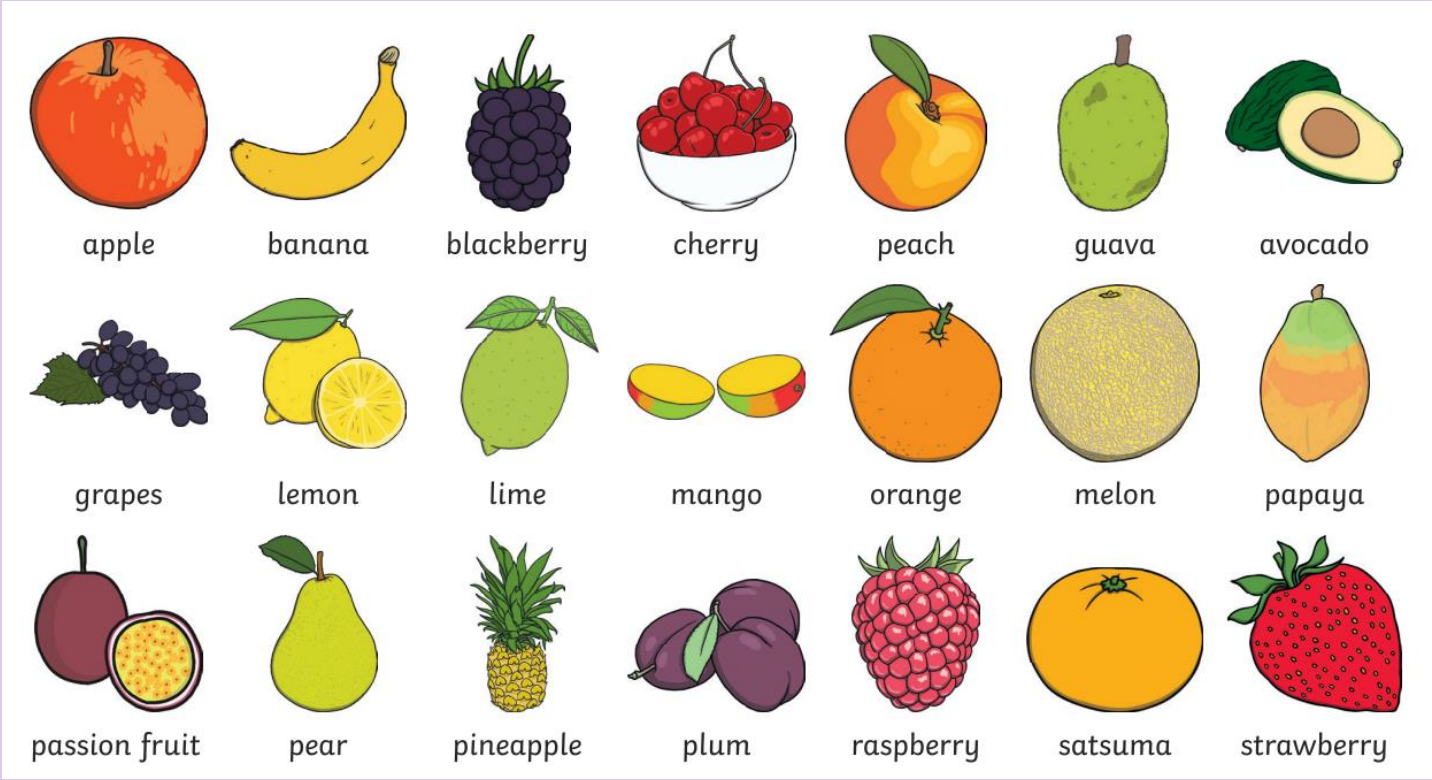








# Let's explore some ingredients you may want to use.



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

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# What equipment will you need to cut the ingredients?



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

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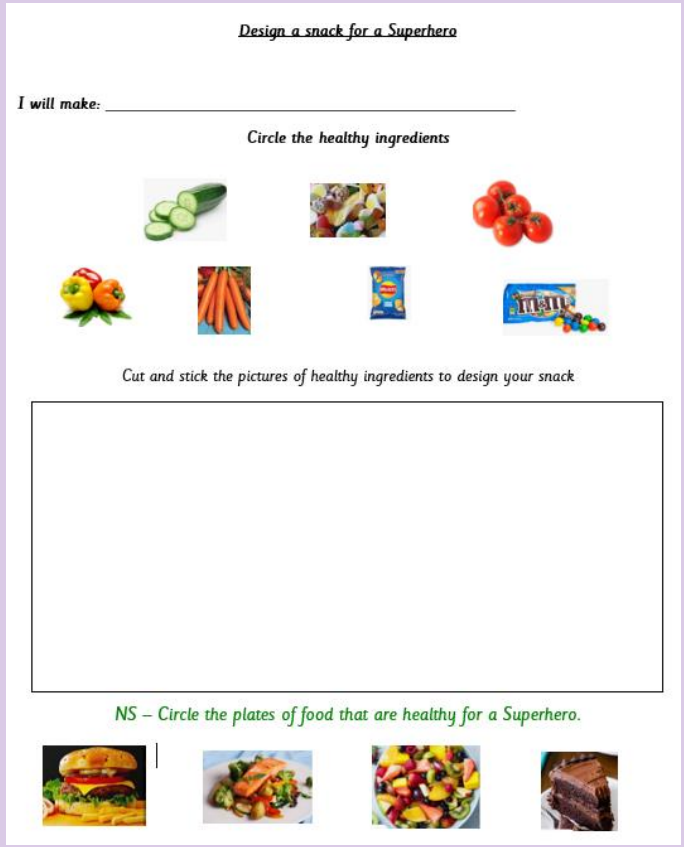
# Task

Design a healthy snack for your Superhero in your books.



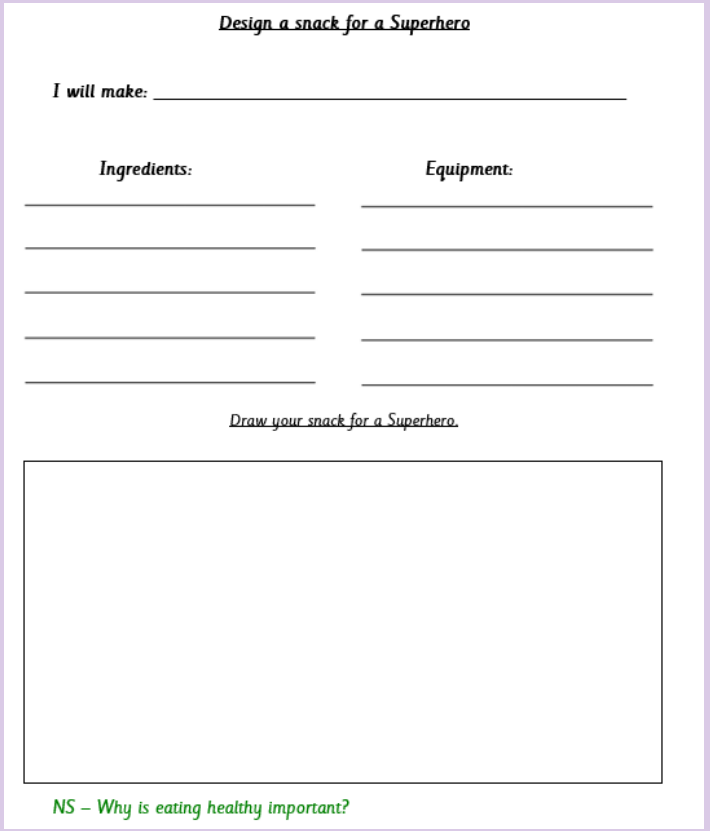
Design a snack for a Superhero

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: _____

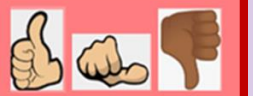
Ingredients: Equipment:

Draw your snack for a Superhero.

NS – Why is eating healthy important?

## Self assessment

Do you understand what to do?



# Assessment

- All: I can identify and explore the ingredients of a healthy snack.
- Most: I can design , make and evaluate a healthy snack e.g. fruit salad.
- Some: I can design , make and evaluate a healthy snack e.g. fruit salad referring to the design criteria.

1. Can I  use a range of materials creatively to design and make products?
2. Can I design a nutritious snack for a superhero?
3. Use tools to prepare ingredients for a nutritious snack
4. Evaluate the superhero healthy snack and suggest ways to improve it
5. Can I use a range of resources and tools to create Christmas craft?
6. Can I use a range of resources and tools to create Christmas craft?