



Endpoints for Design Technology

Year 1 – Chop Slice and Mash



We will be learning about how to prepare foods using a variety of methods. We will use this knowledge to design and make a sandwich which fits design criteria.

What I know and can explain
Some foods come from animals, such as meat, fish and dairy products
Some come from plants, such as fruit and vegetables
Fruit and vegetables are an important part of a healthy diet
It is recommended that people eat at least five portions of fruit and vegetables every day
Peeling, slicing, chopping and grating are different methods of preparing foods
Hand washing and good hygiene prevent the spread of germs
Rules are made to keep people safe from danger
Safety rules include always listening carefully, following instructions and using equipment only when told to

Food preparation

We use different tools to prepare foods.

Peeling

A vegetable **peeler** takes the skin off vegetables and fruits.



Chopping

A **knife** cuts foods into small pieces.



Tearing

Our **hands** tear leaves into pieces.



Mashing

A **masher** crushes and softens foods.



Slicing

A **knife** slices food into thin, flat pieces.



Grating

A **grater** shreds foods into small pieces.



Useful Vocabulary

Dairy – Milk and products made from milk

Product - Something that is made

Tool - A piece of equipment that makes a job easier.