

Subject: DT - Food (Overnight oats) Year: 1 (KS1)

NC/PoS:

- Design purposeful, functional, appealing products for themselves and other users based on design criteria.
- Generate, develop, model and communicate their ideas through discussion and annotated sketches.
- Select from and use a wide range of ingredients, according to their characteristics.
- Select from tools and equipment to perform practical tasks [for example: knives, graters, peelers and juicers] accurately.
- Explore and evaluate a range of existing products.
- Evaluate their ideas and products against their own design criteria.
- Use the basic principles of a healthy and varied diet to prepare dishes.
- To understand where food comes from.

Prior Learning (what pupils already know and can do)

- Tasted common fruit and vegetables, undertaking sensory activities i.e. appearance, taste and smell.
- How to cut soft fruit and vegetables.
- They eat a healthy range of foodstuffs and understand the need for variety in food.
- They show an understanding of the need for safety when tackling new challenges and consider and manage some risks.
- They show an understanding of how to transport and store equipment safely.
- They practice some appropriate safety measures without direct supervision.

End points (what pupils MUST know and remember)

- Know how to design a healthy snack and can explain the user and purpose. For example: overnight oats.
- Know how to draw an annotated sketch of their snack and can label it with ingredients.
- Know how to select from a variety of ingredients, considering the taste, colour and general appeal of the fruits.
- Discuss different, existing overnight oats and evaluate their appeal, potential purpose and user.
- Evaluate their own overnight oats considering the intended user, purpose and its overall appeal as well as considering its effectiveness of being a healthy snack.
- Know that food comes from different countries and can be grown.

Key Vocabulary

Fruit, berries, oats, leaves, utensil, knife, slicing, cutting, healthy, design, user, purpose, evaluate, appeal

Session 1:

Evaluating existing products

- Look at pictures and recipes of different overnight oats. Why are they healthy? What ingredients are there? What is always the same? What changes?
<https://feelgoodfoodie.net/recipe/overnight-oats>
- Nutrition: Why should we eat healthy food?

Vocab: Fruit, berries, healthy, oats

Session 2:

Designing

- Design a healthy overnight oats pot, consider ingredients. All will use oats and Greek yogurt, and they can choose from fresh fruit and dried fruit, seeds, granola and spices.
- How will they make it sweet? Vanilla? Honey? Maple syrup?
- The user is them and the purpose is for them to enjoy a healthy snack.
- Communicate these ideas through talk, annotated sketches and cross-sectional diagrams to show the layers in the pot. Why are you choosing those fruits/berries etc?
- Design: Can you design a healthy overnight oat pot?

Vocab: design, user, purpose, healthy, snack

Session 3:

Making

- Make overnight oats, using oats, yogurt, fruits, berries, seeds and granola.
- Use simple utensils and equipment to cut the fruit and berries safely.
- Discuss the different parts of the fruit they will use – e.g. they wouldn't use the green leaves on a strawberry.
- As you introduce the packets of fruit, discuss the different countries the fruit comes from.
- Resilience – during the entire making process, discuss keeping on trying and never giving up even if the task gets tricky.

Vocab: Fruit, leaves, utensil, knife, slicing, cutting

Session 4:

Evaluate

- Evaluate: How is the healthy snack appealing for the target user, purpose and appeal?
- Evaluate ideas and finished products against design criteria, including intended user and purpose. Did the fruits selected work well together? Are there any you would change? Would you prepare any of the fruits differently next time?
- Honesty – during the evaluation stages discuss being honest (self-reflection) to ensure we can improve ourselves and our work.

Vocab: evaluate, appeal

Future learning this content supports:

LKS2 – Cooking and nutrition

UKS2 – Culture and seasonality