Design Technology

Year 2 - Cooking - Wraps

You will learn…



- To **research** foods and understand what makes a healthy, balanced diet.
- To **design** your own healthy wrap by selecting balanced and appealing ingredient combinations.
- To **make** your wrap safely using correct food preparation tools and hygiene practices.
- To **evaluate** your finished wrap against design criteria, discussing taste, appearance, and success.

Research

- Learn about different foods and the five main food groups.
- Explore how ingredients can be combined to make balanced meals.

Design

- Create design ideas that meet specific criteria (balanced, tasty, appealing).
- Plan and communicate your ideas clearly, showing which food groups are included.

Make

- Use tools and equipment safely when preparing food.
- Follow hygiene rules when handling ingredients.

Evaluate

- Taste and review their finished wrap.
- Suggest ways to improve their product next time.
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Vocabulary you will learn throughout this unit…

Vocabulary	Definition
Balanced	A healthy mixture of different kinds of food.
Cut	Using a knife or scissors you can cut different shapes or pieces out.
Diet	The types of food someone eats.
Stir	Mix the ingredients together in a circular movement with a spoon.
Evaluating	To study something carefully and decide if it is good or bad.
Ingredients	One part of a mixtures is an ingredient, you might have more than one.
Grate	To break food such as cheese into small, thin pieces.
Recipe	Steps to follow to make something.
Menu	A list of food and drinks that you can order.
Snip	To make small cuts with scissors.
Spread	To cover something with soft food.
Review	To give an opinion about something.