

Suggested prior learning [Cooking and nutrition: Fruit and vegetables](#)

Intended outcome of the unit

Pupils who are **secure** will be able to:

- Name the main food groups and identify foods that belong to each group.
- Describe the taste, texture and smell of a given food.
- Think of four different wrap ideas, considering flavour combinations.
- Construct a wrap that meets the design brief and their plan.

Key Vocab

balanced diet
balance
carbohydrate
dairy
fruit
ingredients

oils
sugar
protein
vegetable
design criteria

Unit specific links:

[Knowledge organiser: DT - Y2 Balanced diet](#)

Week 1

[Lesson 1: Hidden sugars in drinks](#)

Week 2

[Lesson 2: Taste testing combinations](#)

Week 3

[Lesson 3: Designing and making a wrap](#)

Week 4

[Lesson 4: Making and evaluating](#)

Suggested Next Steps

[Cooking and nutrition: Eating seasonally](#)