



# Design and Technology

## Year 1 Autumn 2 – Bright Lights, Big City



To design and make finger sandwiches to eat at a tea party.

**Food and Nutrition** - Designers of food products need to think about where food comes from and how the food fits into a healthy and varied diet. They must think about the preparing and cooking processes and ways to get food ready to be eaten.

### What we know so far

People around the world eat different types of food.  
We can make healthier choices when making food.

### Key Vocabulary



**bread** – food made of flour, water, and yeast mixed together and baked.

**sandwich**- two pieces of bread with a filling between them.



**filling**- the main ingredient of a sandwich.

**healthy** – something that is good for your body.



**balanced diet** – eating different types of food to stay healthy.

### New Knowledge

Bread is a staple food dish in many countries across the world and can come in different forms:



Wholewheat



Granary



White



Bagels



Wraps

Wholewheat flour can be used as a healthier choice than white flour.



A bridge grip can be used to help cut food safely.

