



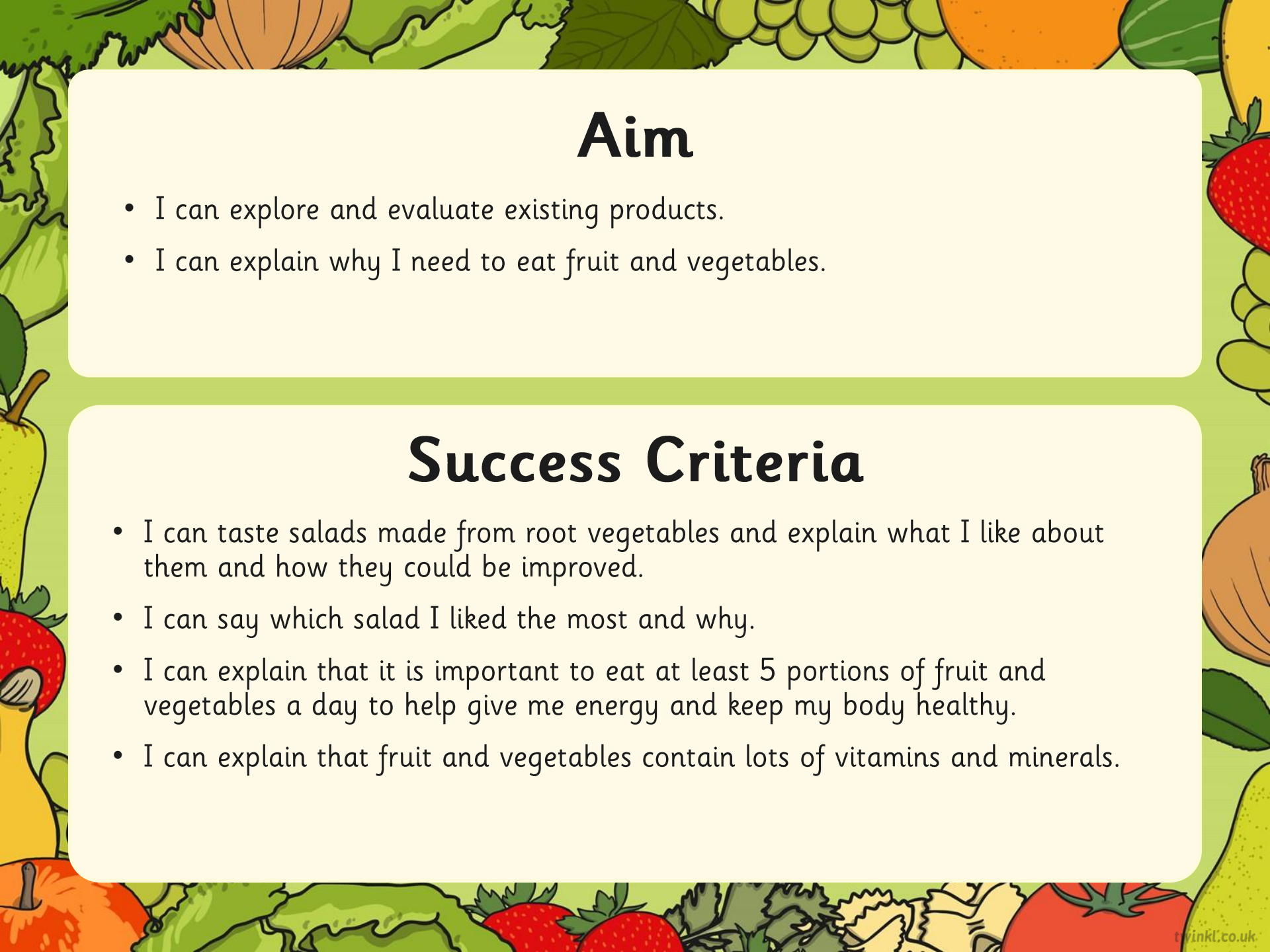
Design and Technology

Sensational Salads

Root Salad Evaluation



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A decorative border surrounds the central text boxes, featuring various fruits and vegetables like grapes, strawberries, pears, and leafy greens in a stylized, cartoonish illustration.

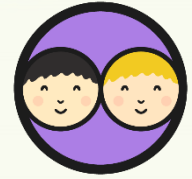
Aim

- I can explore and evaluate existing products.
- I can explain why I need to eat fruit and vegetables.

Success Criteria

- I can taste salads made from root vegetables and explain what I like about them and how they could be improved.
- I can say which salad I liked the most and why.
- I can explain that it is important to eat at least 5 portions of fruit and vegetables a day to help give me energy and keep my body healthy.
- I can explain that fruit and vegetables contain lots of vitamins and minerals.

Warm Up

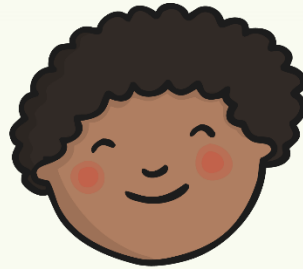


Food Mat

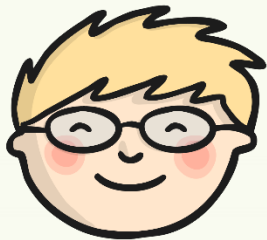
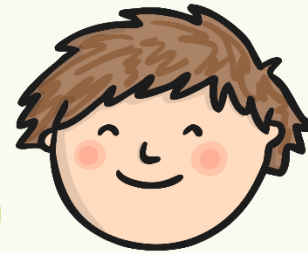
Quickly, circle all of the foods you think are healthy.



Eatwell Plate

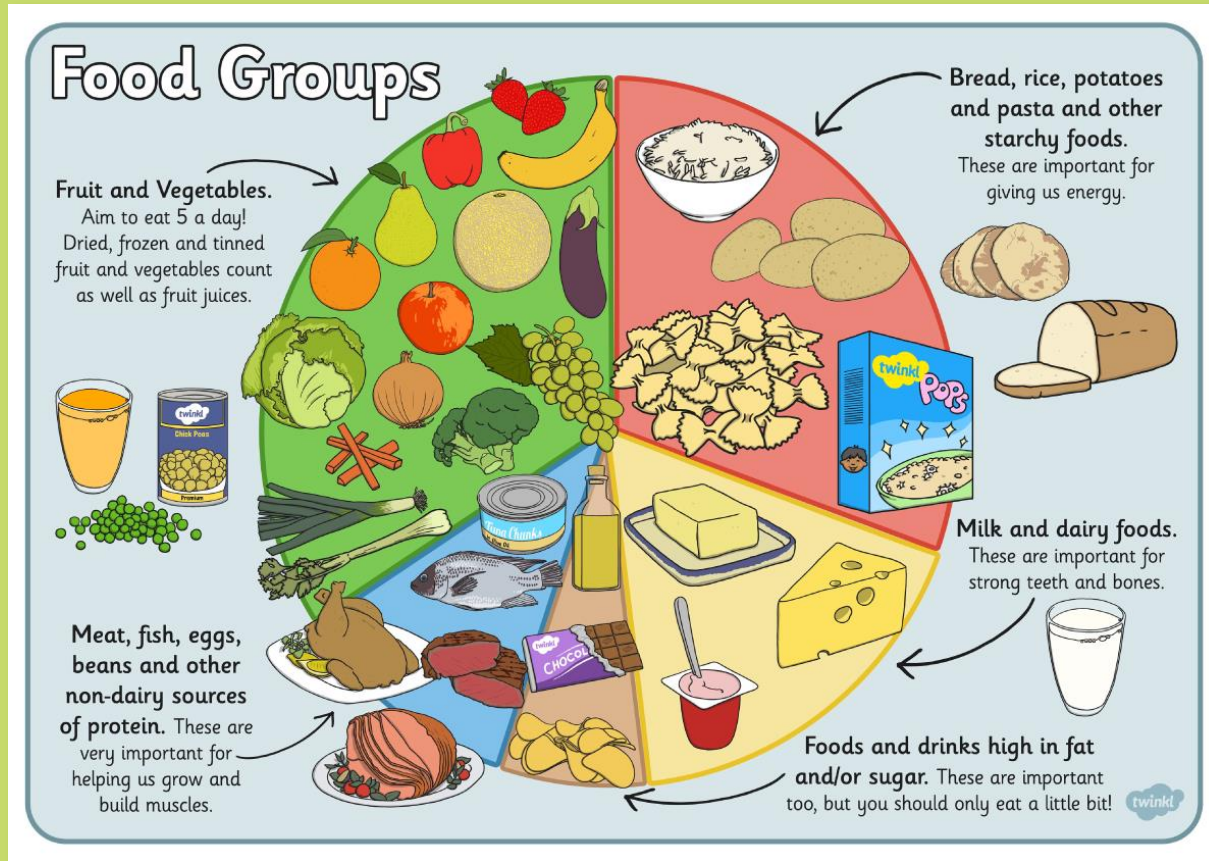


Five a day, five a day,
we all know it's the
healthy way!

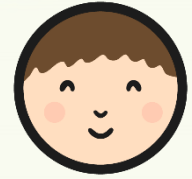


Eatwell Plate

Why is it important to eat vegetables?



Taste and Evaluate



Three overlapping 'Salad Evaluation' worksheets are shown. The central worksheet is the most prominent and contains the following structure:

Salad Evaluation

Words to describe the salad

Name of salad

What I like about the salad

How it could be improved

Name of salad	What I like about the salad	How it could be improved

Explain which salad you liked the most and why

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Design and Technology | KS1 | Sensational Salads | Root Salad Evaluation | Lesson 2

Tally Chart

Which salad will be your favourite?



Salad Name	Like	Dislike
Carrot and Sultana Salad		
Coleslaw		
Beetroot Salad		
Potato Salad		

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