

## Topic

Cooking & Nutrition:

### **Perfect Pizzas**



**Holy Family Halewood**  
Year 1 and 2 Design Technology



### Key Vocabulary

- Balanced Diet
- Eatwell Plate
- Carbohydrates
- Protein
- Vitamins
- Minerals
- Fibre
- Calcium
- Energy
- Safety
- Hygiene

### Learning Objectives

- To find out what the favourite pizzas in the class are
- To examine, describe and categorise a variety of bread-based products
- To examine, describe and categorise a variety of pizza toppings
- To design a balanced healthy pizza
- To be able to make a food product based on a design
- To be able to evaluate a food product based on a design

### Skills We Will Acquire

- Using the Eatwell Guide to design and prepare a dish.
- Examining and evaluating bread-based products
- Examining and evaluating pizza toppings
- Cutting, peeling and grating

### **Eatwell Plate**



### Knowledge We Will Acquire

- That all food comes from plants or animals
- How to name and sort foods into the five groups in The Eatwell Plate
- That we must work safely and hygienically when preparing food