



St. Mark's C.E. Primary School

Talbot Village, Bournemouth, Dorset, BH10 4JA

Headteacher: Andrew Bright

Friday 14 November 2025

YEAR 1 – DESIGN & TECHNOLOGY DAY – SMOOTHIE MAKING

Dear Parents and Carers,

This half-term, Year 1 will be completing their Design and Technology cooking and nutrition unit: Smoothies. As part of this unit, the children will be learning more about different types of fruits and vegetables, as well as practising important skills, such as cutting, juicing and taste testing.



To support the practical element of this unit, we have arranged a D&T day for the children.

Wednesday 26 November – 1N/R – Miss Roberts

Thursday 27 November – 1LT – Mrs Toms

In preparation for the smoothie making, your child will be offered some foods to try as part of taste-testing: strawberry, avocado, banana and pineapple. The children will also have the chance to taste some freshly squeezed lemon, orange and lime juice. Your child will then select a combination of these to make their own smoothie, including the option for milk or yogurt.



Throughout the day, we will ensure the children are aware of the importance of health and safety and will ensure regular hand washing before and after handling foods. We will refer to our most up-to-date medical records for your child so please update us with any allergies we need to be aware of.

To support in the running of the day, we are looking for some parent volunteers to kindly assist. Should you be able to kindly offer your assistance, please contact the school office on: parentmail@st-marks.bournemouth.sch.uk or please speak to Mrs Toms or myself on the gate.

Thank you for your continued support.

Kind regards,

Miss Amy Roberts
Deputy Headteacher

	Lesson:	Learning Intention:	Signs of success:
	1	To identify fruits.	-To name fruits and vegetables. -To identify seeds. -To fruits and non-fruits
	2	To describe where fruits and vegetables grow.	-To name places where fruits & vegetables grow. -To decide whether a fruit or vegetable will grow aboveground or underground.
D&T day	3	To practise food preparation skills.	-To use a fork to hold foods I am cutting and a table knife to cut soft foods. -To use a juicer to get juice from fruits. -To work safely and follow instructions.
	4	To select ingredients for a recipe.	-To choose fruits and vegetables to taste. -To suggest fruits to put together based on taste. -To decide on three ingredients to create a recipe.
	5	To apply food preparation skills to a recipe.	-To gather the ingredients for a simple recipe. -To cut and juice fruits as part of a recipe. -To use my senses to compare my smoothie with my partner's.
	6	To evaluate against the design brief.	-To colour a template to create a carton design. -To choose my favourite recipe. -To talk to the class about the design brief.



Knowledge Organiser

Design & Technology Year:1 Term: Autumn 2

Cooking and Nutrition: Smoothies



Key Vocabulary:

cut	To use a knife to make something smaller.
fruit	The part of a plant that has the seeds in.
ingredients	The foods needed to make a recipe.
juice	To get the juice out of a fruit or vegetable.
juicer	Something used to get juice from a fruit.
leaf	The flat green part of a plant that grows from a branch or stem.
root	Part of a plant that takes water and other things from the soil.
seed	New plants grow from it.
stem	The long, thin part of a plant that holds it up.
table knife	A tool used for cutting.
vegetable	Any part of a plant that you can eat.

What we will be learning:

- Describe fruits and vegetables and explain how to identify fruits.
- Name a range of places that fruits and vegetables grow.
- Describe basic characteristics of fruit and vegetables.
- Develop practical food preparation skills, such as cutting and juicing.
- To use the skills developed to make and taste test a fruit smoothie.

