

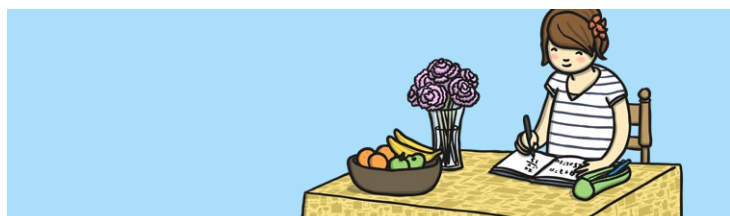
Introduction

This Dips and Dippers unit will teach your class about good food hygiene rules and using kitchen equipment to prepare food safely. Children will apply these skills when making and evaluating a healthy dip and dippers. The unit develops children's understanding of the eatwell plate and explains the importance of eating a healthy and varied diet.



Health & Safety

Permission slips for food tasting maybe necessary. Be aware of any children with food allergies or intolerances. Ensure that there is adequate adult supervision and guidance when children are using kitchen equipment. For safety guidance, see these [correct peeling and chopping techniques](#).



Home Learning

Supermarket Sweep: This is a fun way to get children involved in the weekly food shop.

Food Group Diary: Get children interested in the food they are eating with this food group diary task and recording task.

Assessment Statements

By the end of this unit...

...all children should be able to:

- Explain ideas about how to eat a healthy and varied diet.
- Give a simple evaluation of a product by explaining their likes and dislikes.
- Use kitchen equipment safely and prepare dishes.

...most children will be able to:

- Explain the food groups and know they have to eat a balance of foods to have a healthy and varied diet.
- Design a new product that is appealing to themselves and others.
- Explore and evaluate existing products.

...some children will be able to:

- Give specific names, such as protein, to the different groups they eat.
- Design a new product that is appealing to themselves and other users based on a design criteria.
- Explore existing products and give evaluations that contain some detail.

To look at all the resources in the Dips and Dippers unit [click here](#).

To find out more about PlanIt download our [free guide here](#).

Lesson Breakdown

1. Evaluating Dips

Explore and evaluate a range of existing products in the context of comparing different dips. To understand where foods comes from.

- I can evaluate different dips.
- I can start to think about where different foods come from.

Resources

Lesson Pack

- Different dips: hummus, guacamole, salsa, raita, Thousand Island.
- Breadsticks.



2. Exploring Dippers

Explore a range of existing products in the context of comparing different dippers.

- I can explore different dippers and describe them.

Lesson Pack

- A selection of different dippers such as crackers, breadsticks, carrots, cucumber, pepper, nachos and pitta bread.
- Greek/natural yoghurt.



3. Food Groups

Use the basic principles of a healthy and varied diet in the context of comparing different ingredients in dips and dippers.

- I can explain why I need to eat a balance and variety of food groups to stay healthy.

Lesson Pack

- The ingredients to make a raita dip.



4. Modelling Dips and Dippers

To select from and use a range of tools and equipment to perform practical tasks (for example, cutting) in the context of making a Dip and Dipper.

- I can make dips and dippers.

Lesson Pack

- A selection of different ingredients such as beetroot, pepper, grated carrot, tomatoes.
- Equipment to help prepare the food e.g. chopping boards, bowls, graters, safe knives, food scissors, teaspoons and tablespoons.



5. Designing a Dip

Design purposeful, functional, appealing products for themselves and other users based on design criteria in the context of designing a new dip. Generate, develop, model and communicate their ideas through talking and drawings.

- I can plan my own appealing dip and dipper and clearly show my ideas.

Lesson Pack

- A selection of ingredients and kitchen equipment.



6. Making and Evaluating

Use the principles of a healthy and varied diet to prepare dishes in the context of following a design to make a new dip and dipper and then evaluating it. Evaluate their ideas and products against design criteria.

- I can follow my plan to make my own dip and dipper.
- I can evaluate my dip and dipper.

Lesson Pack

- A selection of ingredients and kitchen equipment.

