

**Subject:** Design and Technology

**Theme:** Make a healthy breakfast

<i>Knowledge</i>	<i>Skills</i>	<i>Vocabulary (Top 20)</i>
<ul style="list-style-type: none"> <li>• Know that a recipe can be adapted by adding or substituting one or more ingredients.</li> <li>• Know that food is caught, reared and</li> <li>• Know a healthy diet is made up from a variety and balance of different food and drink.</li> <li>• Know that to be active and healthy, food and drink are needed to provide energy for the body.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare and cook a variety of predominantly savoury dishes safely and hygienically including the use a heat source.</li> <li>• Use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.</li> </ul>	<ul style="list-style-type: none"> <li>Baking</li> <li>Chopping</li> <li>Diet</li> <li>Equipment</li> <li>Ingredients</li> <li>Mixing</li> <li>Peeling</li> <li>Slicing</li> <li>Edible</li> <li>Recipe</li> <li>Savoury</li> <li>Spreading</li> <li>Techniques</li> <li>Trial and error</li> <li>Harvest</li> <li>Hygienically</li> <li>Kneading</li> <li>Processed</li> <li>Reared</li> <li>Seasonal</li> </ul>



**Love**



**Friendship**



**Compassion**



**Community**



**Trust**



**Forgiveness**

*"Let all that you do be done in love." 1 COR 16:24*  
*Do all the good you can.... John Wesley*