



# Sandwiches

## D&T

### Preparing food:

We use different tools to prepare foods.

#### **Peeling**

A vegetable **peeler** takes the skin off vegetables and fruits.



#### **Tearing**

Our **hands** tear leaves into pieces.



#### **Slicing**

A **knife** slices food into thin, flat pieces.



#### **Chopping**

A **knife** cuts foods into small pieces.



#### **Mashing**

A **masher** crushes and softens foods.



#### **Grating**

A **grater** shreds foods into small pieces.



### Healthy eating:

A healthy, balanced diet provides the right foods in the correct quantities for the body to grow and stay healthy.



### Glossary:

**Design criteria:** Things that must be included to make a project successful.

**Healthy eating:** Eating the right amounts of the key food groups to keep our bodies healthy.