



# Year 2 Food Technology

## Pizza

Pizza originated from Italy. It consists of a flat baked dough and a range of toppings.



Children should eat a balanced diet full of nutrients and minerals.

### DESIGN BRIEF

To design and make your own pizza.  
To make your design unique.

## The Food Pyramid

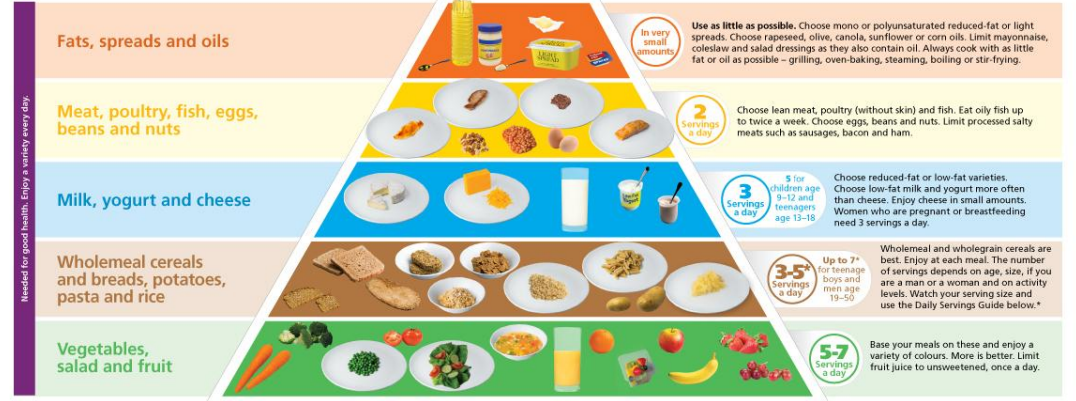
Not needed for good health.

Foods and drinks high in fat, sugar and salt

For adults, teenagers and children aged five and over

NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.



## Design skills

Key Skills:

- Choose appropriate fruits and vegetables.
- Cut and shape them safely.
- Arrange toppings by following your design.

## Vocabulary

|         |              |           |
|---------|--------------|-----------|
| texture | healthy      | unhealthy |
| taste   | smell        | touch     |
| longest | shortest     | consumer  |
| fruity  | product      | smooth    |
| chop    | manufacturer |           |

## 9 HANDWASHING STEPS

- Wet Your Hands**  
Remove rings or bracelets before you begin because they trap germs.
- Apply Soap**  
Take hands out of the water to add quarter-sized portion soap.
- Rub Palms Together**  
Create a rich lather for 5 seconds.
- Rub Backs of Hands**  
Use your right palm to massage the back of your left hand. Switch hands after 3 seconds.
- Interlace Fingers**  
Rub palms together. With fingers interlaced, clean the underside of your fingers by rubbing them along your knuckles.
- Scrub Thumbs**  
Clasp right hand over the left thumb and rotate for 3 seconds. Repeat on the right thumb.
- Rub Palms With Fingertips**  
Rotate your right-hand fingers clockwise and then counterclockwise on the left palm. Switch hands after 3 seconds.
- Rinse**  
Wash soap away until the water runs clear and you no longer see suds. Turn the faucet off with elbow or paper towel.
- Dry**  
Use a paper towel or hand dryer to dry your hands – not your scrub!



Can you group these fruits and vegetables?  
Remember some fruits will trick you!



## Design Process

Research: how to make your product

Skills: practise and learn new skills

Design: use your knowledge to design and improve

Make: complete your final product using your design.

Evaluate: likes/dislikes  
Make improvements

Your target audience

Making the pizza base

Generate ideas and draw

Measure, cut and assemble

Your target audience

Before we begin to handle food, good hygiene is important. You must wash your hands thoroughly to get rid of any germs.