



### What I should already know:

- Make healthy choices in relation to eating.
- Identify and describe common fruits and ice cream flavours.
- How to work safely with sharp objects such as knives and graters.
- How to handle food in a safe and hygienic way.

### At the end of this topic, I will know:

- Where a range of fruits come from and how packaging provides us with this information.
- Taste and evaluate a range of existing products including fruits, ice cream and other ice cream sundae ingredients.
- Design an appealing ice cream sundae and use basic principles of a healthy and varied diet to prepare dishes.
- Use a range of equipment to make an ice cream sundae.
- Evaluate end products against design criteria.



### Vocabulary

<b>Ice cream sundae</b>	An ice cream desert that typically consists of one or more scoops of ice cream topped with sauce or syrup and can have other toppings such as fruit, whipped cream, nuts, wafer, marshmallows and sprinkles.
<b>Ingredients</b>	Any foods that are combined to make a particular dish.
<b>Toppings</b>	A layer of food poured or spread over a base of different type of food to add flavour.

### Key Facts:

The ice cream sundae is an ice cream desert of American origin.

Ice cream produces an initial cooling effect in the mouth which makes it taste refreshing in warmer weather.

