

Knowledge Organiser Design & Technology Year 2 Spring

Cooking and Nutrition - A balanced diet



St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Alternative	Changing an ingredient to something different. For example using diet cola instead of full sugar cola or eating a piece of fruit instead of a bag of crisps.
Diet	The food and drink that a person or animal usually eats.
Balanced diet	Eating a variety of foods from all five different food groups.
Evaluation	When you look at the good and bad points about something, then think about how you could improve it.
Expensive	Something that costs a lot of money.
Healthy	When everything in your body and head feels good.
Ingredients	Items that make up a mixture e.g. foods that make a recipe.
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Packaging	The packet or container, which holds a product safe, ready to be sold. It has information on about the product.
Refrigerator	A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.
Sugar	An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.

Design → **Make** → **Evaluate**

Knowledge and skills covered in this topic

- Children will know what hidden sugars are.
- Children will know where to find nutritional information on a drinks container.
- Children will know the five food groups.
- Children will know the recommended amount of each food group we should eat each day.
- Children will be able to categorise foods into their groups.
- Children will know how to experience food through touch and smell.
- Children will know and review food combinations and decide ingredients for a wrap.
- Children will know how to slice food safely using a bridge or claw grip
- Children will know how to prepare food safely.

Prior knowledge

Year 1: Differentiating between fruits and vegetables by understanding where and how they grow. Using a safe method to cut fruit and vegetables.

Hidden sugars: Many unexpected food products can have high amounts of **sugar** such as pasta sauces and fizzy pop.

A jar of tomato pasta sauce



20 grams

One plain white bagel



6 grams

One granola bar



8 grams

Fruit fromage frais pot



10 grams

