



Hallcroft Infant & Nursery School

Design & Technology Knowledge Organiser



Spring 2 - Year 2

Cooking & Nutrition Balanced Diet*

(*Lesson 1 only)

What we already know, remember and can do:

- Describe fruits and vegetables and explain how to identify fruits.
- Name a range of places that fruits and vegetables grow.
- Describe basic characteristics of fruit and vegetables.
- Prepare fruits and vegetables to make a smoothie.

	Learning Objective	What will be known and remembered (Substantive)	What will be... (Disciplinary)	Revisited Vocabulary	New Vocabulary
1	Learning Objective: I can recognise foods and their food groups.	<ul style="list-style-type: none">✓ I know that 'diet' means the food and drink that a person or animal usually eats.✓ I know that the five main food groups are: carbohydrates, fruits and vegetables, protein, dairy and oils and spreads.✓ I know that I should eat a range of different foods from each food group, and roughly how much of each food group.	<ul style="list-style-type: none">✓ I can name the five food groups.✓ I can match foods with the food group they belong to.✓ I can explain how much of each food group I should have every day.	fruit vegetables	carbohydrates dairy fruit oils proteins spreads

Cooking and nutrition - A balanced diet

balanced	A healthy mixture of different kinds of food.
diet	The types of food someone eats.
evaluate	To study something carefully and decide if it is good or bad.
feel	The way something seems when you touch it.
grate	To break food such as cheese into small, thin pieces.
menu	A list of food and drinks that you can order.
review	To give an opinion about something.
smell	Information we detect about something using our nose.
snip	To make small cuts with scissors.
spread	To cover something with soft food.
taste	The flavour of a food.

Skills



cutting



grating



spreading



snipping



taste testing

Key facts

The five different food groups are:

1. Carbohydrates.
2. Fruits and vegetables.
3. Protein.
4. Dairy.
5. Oils and spreads.



A balanced diet means eating lots of foods from different food groups.

