

Vocabulary

seasonal



Food which is available at different times of the year, depending on the season.

reared



Animals which are kept and raised to be eaten or produce milk.

processed



How food is made safe and ready for us to eat.

farmed



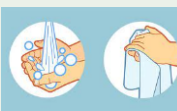
When plants and animals are grown or reared for people to eat.

ingredients



The food and substances that are combined to make a particular dish.

hygiene



Ensuring cleanliness to prevent the spread of disease.

recipe



A list of ingredients and instructions for preparing and cooking food.

Year 2 Design and Technology Healthy Food and Living

Key Questions: What are healthy foods?
Which foods give us energy?
Which foods go well together?

Assessment Question

What made your snack the healthiest it could be?

Eat Well Plate



Food groups are created by grouping together foods with similar nutritional values.

There are five food groups:

- Fruit and vegetables
- Carbohydrates
- Proteins
- Dairy
- Fats and oils



In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for our bodies.



pouring



Bridge hold

| Skills | |
|---------|--|
| measure | Accurately measure liquids and solids using measuring spoons, jugs and scales. |
| chop | Use the bridge hold to cut soft fruit with a sharp or serrated knife. |
| stir | To mix and combine ingredients together. |
| pour | Carefully tip a liquid into a container. |
| mix | Begin to explore mixing techniques. |
| peel | To remove the skin of a fruit or vegetable. |

Hygiene and Safety



Wash hands with warm water and soap.



Dry hands, put on an apron and tie up long hair.



Keep surfaces clean and tidy.



Always check the date on foods before using.



Make sure you tidy up after yourself.