

Food and Nutrition: Year 2 – Autumn Term

How can we prepare ingredients for a sandwich?

Prior Learning

- I have used food preparation skills to make a salad
- I have evaluated the taste and texture of different foods.
- I have learnt about the eatwell plate.

Sticky Knowledge

- I know where some fruits and vegetables come from e.g. farmed or grown at home.
- I can taste and evaluate a range of sandwiches to find out what my user would like.
- I can design an appealing product for my user based on sensory evaluations, talking and sharing my ideas.
- I can use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely.
- I can talk about what went well and what my user would like about it.

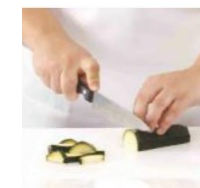
What skills will we use?



Bridge Grip



Claw Grip



Slice







Grate



Peel

Where does our food come from?

Food that is farmed (animals)	
Food that is farmed (crops)	
Food that is grown elsewhere (e.g. home)	
Food that is caught	

Let's get ready to cook!



- Tie back long hair
- Roll up long sleeves
- Wear an apron
- Remove jewellery
- Wash your hands
- Get ingredients ready
- Get equipment ready

FOOD a fact of life

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Vocabulary

Crops	Plants that farmers grow for food, like corn or wheat.
Crisp / Crunchy	Something that is crunchy and breaks easily when you bite or touch it, like a potato chip or a fresh apple.
Cutting	Using something sharp, like a knife, to make food into smaller pieces.
Design	A plan or idea of what the product will be like and how it will function.
Design criteria	The rules or important things to remember when creating or building something, like making sure a toy is fun and safe.
Evaluate	I can talk about what is good about a product and ways it can be improved.
Fish	Animals that live in water and have fins and scales, like a goldfish or a tuna.
Fruit	A sweet part of a plant that has seeds, like an apple or a strawberry.
Grater	A grater is a tool with tiny holes and rough edges that you use to shred food like cheese or carrots into little pieces.
Hard	Something that is not soft and is difficult to bend or squeeze, like a rock or a nut.
Hygienic	Hygienic means keeping things clean and free from germs, so they're safe and healthy to touch or eat.
Juicy	Something that has a lot of liquid inside, like an orange or a watermelon.
Knife	A knife is a tool with a sharp edge used for cutting things, like vegetables or fruits.
Meat	The part of animals that people eat, like chicken or beef.
Peeler / Peeling	A peeler is a tool used to take off the skin of fruits and vegetables, like peeling a potato or a carrot.
Planning	Thinking about something before doing it
Sharp	Something with a point or edge that can cut, like a pencil tip or scissors.
Slicing	Cutting something into thin, flat pieces, like slicing bread.
Smooth	Something that feels soft and flat when you touch it, like a piece of glass or a pet's fur.
Soft	Something that feels squishy and easy to press, like a pillow or a marshmallow.
Sour	A taste that makes your mouth pucker, like a lemon or green apple.
Sticky	Something that holds onto your fingers or other things when you touch it, like glue or honey.
Sweet	A taste that is sugary and yummy, like candy or a ripe peach.
User	Someone who uses or plays with something, like a person who plays with a toy or works on a computer.
Vegetable	Plants that people eat, like carrots or broccoli, that are usually not sweet