

# Design and Technology: Year 2: Autumn: Cooking and Nutrition

## How can we prepare ingredients for a healthy salad?

### Prior Learning

- I have used food preparation skills to make a healthy sandwich.
- I have evaluated the taste and texture of different fruits and vegetables (taste, smell and texture).

### Sticky Knowledge

- I know which food groups are needed for a healthy and balanced diet, including how fruit and vegetables are part of 'The Eatwell Plate'.
- I can taste and evaluate a range of fruit and vegetables 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 with others.
- 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 my product.



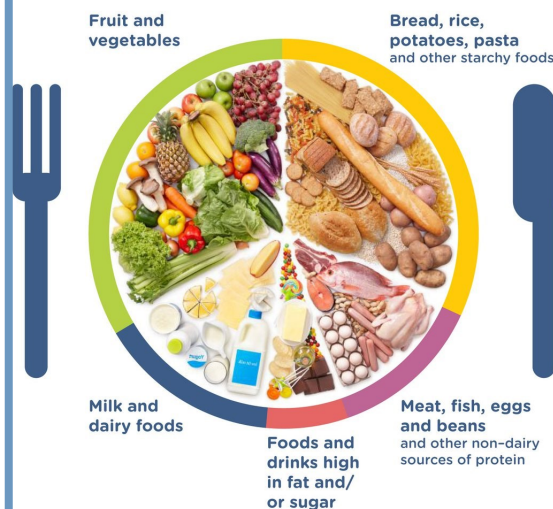
Claw grip



Bridge hold

### The Eatwell Plate

Use the Eatwell Plate to help you get the balance right.  
It shows how much of what you eat should come from each food group.



### What skills and tools will we use?



Peel



Fill



Cut or snip



Spread



Slice



Whisk



Squeeze



Mix



Grate

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## How can we prepare ingredients for a healthy salad?

carbohydrates	Foods that give our bodies lots of energy, like bread, rice, pasta, and potatoes.
crisp	Something thin and crunchy, like a potato crisp.
crunchy	Food that makes a loud noise when you bite it, like an apple or carrot.
dairy and alternatives	Milk, cheese, yoghurt and foods made from them.
design	Making a plan or drawing of something you want to make.
design criteria	The rules or things your design has to include to make it work.
evaluate	Looking at what you made and thinking about what went well and what could be better.
fruit and vegetables	Foods that grow on plants, like apples, bananas, carrots and peas, that help us stay healthy.
foods high in fat	Foods like cakes, biscuits, butter, and chips that we should only eat a little of.
grater	A kitchen tool with holes for rubbing food on to make it into small pieces, like cheese.
hard	Something solid that doesn't squash easily, like a carrot or a nut.
hygienic	Keeping things clean and safe so we don't spread germs.
juicy	Food with lots of liquid inside, like an orange or watermelon.
knife	A tool with a sharp edge used for cutting food.
oils and spreads	Foods like butter, margarine and cooking oil, which we should only use a little of.
peeler	A tool that takes the skin off fruits and vegetables.
planning	Thinking about what you need to do before you start making something.
proteins	Foods that help our bodies grow strong, like meat, fish, beans, and eggs.
salt and sugar	Flavours that can make food taste nice, but we should not have too much of them.
sharp	Something with a point or edge that can cut, like a knife.
smooth	Food that feel flat and even, like yoghurt.
soft	Something you can squash or press easily, like bread or a ripe banana.
sour	A taste that makes your face scrunch up, like lemon.
sticky	Food that feels like glue and can stick to your hands, like honey.
sweet	A taste like sugar or sweets, found in fruit, chocolate, or cakes.
user	A person who is using something, like someone playing on a computer, a phone, or using a toy.