

Year 2 Design and Technology: 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

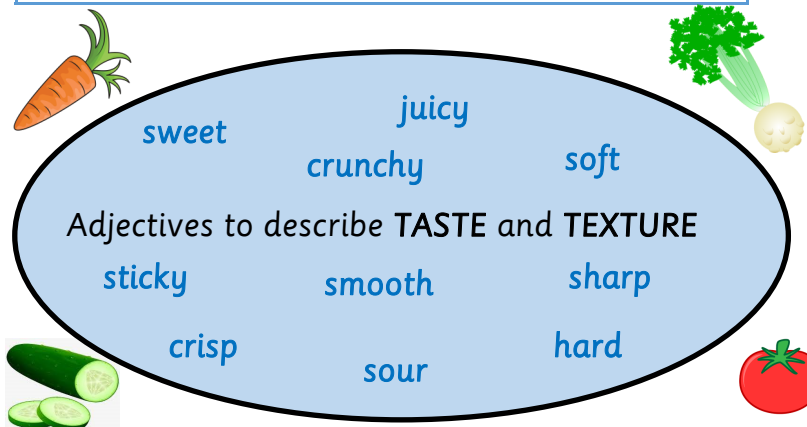
- I know where some fruits and vegetables come from e.g. farmed or grown at home.
- I know which food groups are needed for a healthy and balanced diet, including how fruit and vegetables are part of 'The Eatwell Plate'.
- I can taste and evaluate a range of fruit and vegetables to find out what my user 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.

Vocabulary

Product*	What you are making.
User*	Who is going to use the product.
Purpose*	What the product is going to be used for.
Function*	What does your product need to do to work.
Ingredients*	Any food that is needed for a dish or meal.
Diet*	The kind of food that a person eats.
Recipe*	The steps needed to make a dish or meal
Nutrients	All the things in food that the body needs to stay healthy

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.





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How can we prepare ingredients for a healthy salad?



What skills and tools will we use?



Peel



Fill



Claw Grip



Bridge Hold



Cut or snip



Spread



Slice



Whisk



Squeeze



Mix






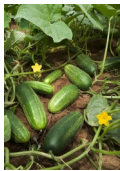




Grate

Equipment

Peeler Spoon Scissors Knife
Whisk Bowl Chopping Board
Juicer Grater Apron

Where do our ingredients come from?

Grow In the Ground (Root Vegetables)	Grow Above the Ground (On Plants)
 <p>Carrot</p>	 <p>Lettuce</p>
 <p>Spring Onion</p>	 <p>Tomato</p>
 <p>Beetroot</p>	 <p>Cucumber</p>
 <p>Radish</p>	 <p>Celery</p>