

Knowledge Organiser for Year 1

Key Vocabulary

Word	Meaning
healthy	good for your body
ingredients	things used to make something
recipe	instructions for making/ cooking something
equipment	tools needed to do a job
cutting	use a tool or knife to break food apart
grating	changing solid food into small pieces using a grater
peeling	to remove the skin from fruit or vegetables

Cooking and Nutrition

Knowledge

Some **fruit and vegetables** grow above ground and some grow below the ground.

Eating **lots of fruit and vegetables** helps to keep us healthy. Our bodies need the right **nutrients** to keep them working properly.

We should try and eat at least **5 portions** everyday

We must **wash our hands** before preparing food or eating. We should use **clean surfaces** to prepare food.



Eat at least 5 portions of a variety of fruit and vegetables a day



FUN FACTS:

Strawberries are the only fruit to have their seeds on their skin.



Tomatoes are a fruit.



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Learning Outcomes

I understand where food comes from. I can explain why I need to eat fruit and vegetables.

I can identify some healthy foods.

I can cut and prepare food safely. I can use my own ideas to make something.

I can choose appropriate resources and tools.



Useful links

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>

Books to inspire;

