

Knowledge Organiser for Year 2

Key Vocabulary

Word	Meaning
healthy	good for your body
ingredients	things used to make or cook something
recipe	instructions for making/ cooking something
hygienic	keeping clean to stay healthy
juicing	to take the juice from a fruit or vegetable
grating	changing solid food into small pieces using a grater
blending	mixing things together

Cooking and Nutrition

Knowledge

A lot of the food we eat is produced in the UK. Ingredients can be bought in shops, markets or grown at home.

We must make sure good food hygiene and safety is followed when preparing and cooking food.

Some people can't eat certain foods as they are allergic or intolerant to it such as nuts, wheat or dairy food

We use all our senses for tasting and use interesting words to describe what something is like,



FUN FACTS:

Pineapples were named because early discoverers thought they looked like pine cones.

Apple sauce was the first food eaten in Space!



Jamie Oliver MBE
27 May 1975

Jamie Olive is a famous British chef who owns restaurants and has written many recipe books. He presents TV programmes showing how to cook. He helped British schools serve healthier foods at lunchtimes.



Learning Outcomes

I understand where food comes from. I can understand and explain what a healthy diet includes.

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

I can select appropriate equipment and tools to complete tasks and explain my choices.

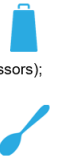
I can describe the textures of foods. I can explain what it means to be hygienic.



Diagrams

TASTE	SHAPE	TOUCH	COLOUR
bitter	blobby	crispy	black
flavoured	crooked	crunchy	blue
fresh	elliptical	greasy	brown
juicy	flat	grubby	dark
mild	oval	hard	green
salty	round	melted	grey
sour	square	mushy	orange
spicy	sleek	prickly	pink
hot	straight	ripe	purple
sweet	triangular	rotten	red
tasteless	wavy	slimy	white
		soft	yellowish
		sticky	

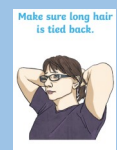
- There is a range of basic cooking skills. These include:
- grating;
 - juicing;
 - peeling;
 - snipping (with scissors);
 - spooning;
 - spreading;
 - stirring;
 - washing;
 - whisking.



The UK's healthy eating model is called The Eatwell Guide and it has five groups.

Different foods belong in different Eatwell Guide food groups.

Most meals should include foods from the main four Eatwell Guide food groups.



Useful links

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

Books to inspire;

