



**Area: Cooking and Nutrition**

**Year: 2**

**Subject: Design and Technology**

**What should I already know?**

- all food comes from plants or animals
- names of lots of fruit and vegetables
- we need to eat at least 5 portions of fruit and vegetables a day to stay healthy

**How will I use this learning in the future?**

In Year 3, I will learn about the amounts of each food group that we should eat to stay healthy. I will also compare the taste, texture and smell of different foods.

**What vocabulary should I learn?**

<b>astringent</b>	slightly acidic or bitter
<b>bitter</b>	a sharp, pungent taste or smell; not sweet
<b>carbohydrate</b>	can be broken down to release energy
<b>crop</b>	a plant that is grown on a large scale
<b>dairy</b>	contains or made from milk
<b>livestock</b>	farm animals used for food products
<b>non-standard</b>	can be different sizes and amounts
<b>prepare</b>	make something ready for use
<b>protein</b>	builds and repairs tissue in the body (bones, muscles, skin, blood)
<b>reared</b>	raise and care for
<b>savoury</b>	salty or spicy rather than sweet
<b>standard</b>	show exact measurements and are all the same
<b>umami</b>	savoury taste

**What should I be able to do by the end?**

**Designing**

Come up with more than 1 recipe and then decide which is best to make.

Use drawings and words to record and build on your ideas.

**Evaluating**

Suggest how your product can be improved.  
Say if your final product meets design criteria.

**Describe and group the look, taste, texture and smell of foods.**



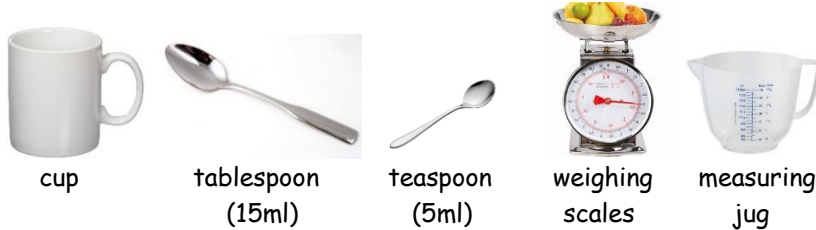
bitter salty sour sweet umami astringent

**Use basic cooking techniques.**

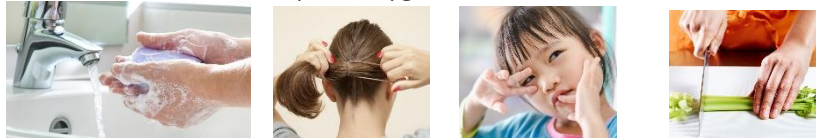


chopping peeling grating stirring mixing

**Measure and weigh ingredients using non-standard and standard measures.**



**Understand basic safety and hygiene.**



wash hands for 20 seconds tie hair back avoid touching face and hair keep fingers away from knife

**Equipment**



peeler whisk ladle colander

**What should I know by the end?**

**All food has to be farmed, grown or caught.**



livestock for meat, milk, eggs (farmed)



crops/plants (farmed/grown) fish (caught)

**There are 5 food groups.**



fruit & vegetables carbohydrates dairy proteins fats & sugars