



## Knowledge Organiser Year 2/3 (DT)



### "Sticky Knowledge"

### Cooking & Nutrition - Growing a Salad

- The food groups are fruit and vegetables, carbohydrates, proteins, dairy, fats and oils
- To make healthy eating choices and understand a balanced diet
- Some ingredients must be washed and prepared safely before eating
- To plan salads based on colour, texture, taste and nutritional value
- How to evaluate my picnic based on my design criteria and taste
- To know locally what fruit and vegetables are grown



### Key Vocabulary

|             |                                                                            |
|-------------|----------------------------------------------------------------------------|
| Ingredient  | One of the foods or items used to make a dish.                             |
| Recipe      | A set of instructions that tells you how to make a dish.                   |
| Preparation | Getting ingredients and equipment ready before cooking.                    |
| Chop        | To cut food into smaller pieces.                                           |
| Wash        | To clean food, hands, or equipment with water.                             |
| Hygiene     | Keeping things clean and safe to stay healthy.                             |
| Mix         | To combine ingredients together.                                           |
| Taste       | The flavour of food, such as sweet, salty, sour, or bitter.                |
| Texture     | How food feels in your mouth, such as crunchy, smooth, or chewy.           |
| Balance     | Having the right amounts of different ingredients or flavours.             |
| Nutrition   | The goodness in food that helps our bodies grow and stay healthy.          |
| Decoration  | Something added to make food look more attractive.                         |
| Evaluate    | To think about how well something turned out and how it could be improved. |
| Portion     | The amount of food served to one person.                                   |

### Method

#### Design

- Evaluate different ingredients.
- Follow a recipe to create a picnic item.
- Draw and label a diagram.

#### Make

- Weigh and measure ingredients using scales.
- Choose the correct equipment for the task.
- Use a range of cooking skills such as spreading, grating and chopping.

#### Evaluate

- Consider the strengths of my product and how it could be improved.
- Listen to the feedback of others.

### Unit Overview

Children will:

- Learn how to prepare simple, healthy food safely.
- Understand where ingredients come from.
- Develop basic preparation skills.
- Make and evaluate a simple salad.

