



Autumn 1

Lostwithiel Primary School

Year Two  
OakTree Class

Healthy Eating

DT Knowledge Organiser

**Prior Learning:**

EYFS - Children will have undertaken sensory activities i.e. appearance, taste and smell and have experienced cutting soft fruit and vegetables.

Y1 - Children will have prepared fruit and vegetables, have understanding of what it means to work hygienically and safely using knives, garters, peelers and chopping boards.

**Key DT knowledge and skills:**

- Know that eating a range of foods from different food groups is called a balanced diet.
- Know that in order to cook a healthy meal, ingredients must be selected from different food groups.
- Know that fats and sugars should be eaten in smaller amounts.
- Know that fruits, vegetables, breads and pastas can be eaten in larger amounts.
- Know how to follow a recipe, being aware of notes referring to safety and hygiene.
- Know how to use a range of tools such as baking tins, grease proof paper, whisks, knives, peelers, graters and spoons.
- Know that the eggs, milk and tortilla wraps form the basic recipe and that the other ingredients can be changed to produce a new product.
- Use the design criteria to write their own recipe.
- Once a product has been produced, evaluate it using the success criteria.



**Key DT Vocabulary -**

**General Terms and Cross Curricular Vocabulary**

<b>product</b>	Something made.	<b>ingredients</b>	Foods which are put together to create a dish.
<b>design</b>	A plan for something which will be made.	<b>food groups</b>	A group of foods with similar nutritional value.
<b>criteria</b>	A list of ways a product can be judged.	<b>Eatwell Plate</b>	A diagram created by the department of health to show the different food groups.
<b>evaluate</b>	To decide how successful something was.	<b>whisk</b>	A tool used to beat and stir ingredients at speed.
<b>safety</b>	To protect from harm.	<b>greaseproof paper</b>	A paper used to prevent food sticking when cooked.
<b>hygiene</b>	To stop the spread of germs.	<b>peeler</b>	A tool used to remove the skin from a fruit or vegetable.
<b>recipe</b>	A list of instructions used to make food.	<b>grater</b>	A tool used to cut soft foods such as cheese into small pieces.

**DT Outcome**

**Cross Curricular Links**

**Design Criteria;** design a quiche for a balanced diet. Children video their work and save on seesaw.

**Science** - describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Linked documents: Class Overview, DT Whole School Progression document and Class Medium Term Planning.