



## Year 2 DT - How can I prepare a balanced meal?

Vocabulary	Images to help me	Key Knowledge
<p>diet carbohydrates  dairy fruit oils  proteins spreads  vegetables balanced  menu chopping board  cut grate grater  scissors snip spread  table knife  combination design- brief  feel smell taste  design ingredients  design criteria  appearance  evaluate review</p>	 <p>Wash your hands before and after touching food.</p> <p>Make sure long hair is tied back.</p> <p>Start with clean surfaces, utensils and cutlery.</p> <p>Wash all fruits and vegetables before eating and preparing.</p> <p>Wipe up any spillages straight away.</p> <p>After you have finished cooking and preparing food, wash all of the utensils you have used in hot, soapy water.</p>  <p>The claw/The bridge</p>	<p>'Diet' means the food and drink that a person or animal usually eats.</p> <p>A balanced diet is eating a variety of foods from all food groups.</p> <p>Five main food groups are: carbohydrates, fruits and vegetables, protein, dairy and oils and spreads.</p> <p>I should eat a range of different foods from each food group, and roughly how much of each food group.</p> <p>'Ingredients' means the items in a mixture or recipe.</p> <p>I know how to cut, grate, snip and spread to prepare foods.</p> <p>I know how to review and give a score to evaluate.</p>

