

Design and Technology: Cooking and Nutrition – Year 2

Previous learning in Year 1:

In Year 1, we were able to talk about the different foods we liked and disliked and began learning about what it means to be healthy. We learnt that some foods we eat come from plants, trees and animals and some foods can be grown underground or on top of the ground. We began using equipment such as mashers and spoons to create a healthy dish.

What (Key vocabulary)

cut	To make an opening or separate a piece of food using a sharp object
slice	To cut a thin piece of food from a larger portion
dice	To cut into small cubes of food
bowl	A utensil used to mix food in
sieve	A utensil used to separate finer particles of food or solids from liquids
rolling pin	A utensil used to roll, flatten or shape ingredients together
healthy	To be in good health – not to have a disease or poorly
balanced	Eating different foods in the correct proportions – not eating too much of one thing
diet	What a person or animal eats
grains	A small, hard, dry seed usually found in wheat and cereals
meats	Animal flesh that is eaten as food
fats	A solid or liquid substance which comes from animals or vegetables which can be eaten or used in cooking