



Year 2 - Spring - Design & Technology Knowledge Organiser

What I already know...

In year 1 pupils chopped food safely to prepare a delicious sandwich. They learnt about where the ingredients of foods come from and the importance of a healthy diet.

What I will learn...

- To understand where a range of fruit and vegetables come from e.g. farmed or grown at home.
- To understand and use basic principles of a healthy and varied diet to prepare dishes, including how fruit and vegetables are part of the eat well plate.
- To slice food safely using the bridge or claw grip.
- To know and use technical and sensory vocabulary relevant to the project.

Food hygiene rules:

Wash hands and remove watches, tie hair back, roll sleeves up, put apron on, wash surfaces before and after use.



the bridge



the claw



fork secure

Key Vocabulary

Balanced diet	Eating a variety of foods from all five food groups.
Five food groups	Carbohydrates, proteins, fruit and vegetables, dairy, foods high in fat
Diet	The food and drink a person or animal usually eats.
Alternative	Changing an ingredient to something different.
Healthy	When everything in your head and body feels good.
Ingredients	Items that make up a mixture.
Sugar	An ingredient which is used to make food taste sweet. It comes from the plant sugar cane or from sugar beet.
Hidden sugars	Many unexpected food products can have high amounts of sugar
Fruit	The parts of plants that contain seeds.
Vegetables	Parts of plants that can be eaten by people as food. The part may be the leaves, roots or stem. Vegetables do



Making a difference at The Merton and beyond

Children handle and explore fruits and vegetables and learn how to identify which category they fall into on the Eat Well balanced diet plate. They will learn about the term 'hidden sugars' before undertaking taste testing to establish their chosen ingredients for the fruit salad they will make and evaluate. We will also be discussing local produce, air miles and selecting fruits that are in season in the UK to link to our topic: Waste Warriors.

How to be a chef:

- Design a fruit salad by sampling ingredients and considering healthy choices.
- To use safe grips when cutting fruit.
- To follow the food hygiene rules.