

Our Lady and St Edward's Knowledge Organiser	Year 2 - Design and technology	Autumn	Food and Nutrition: European Snacks
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Outcome: Look at typical English, French, Italian and Spanish sandwich fillings. Design and make a sandwich filling from each country.

Key Knowledge	Key Vocabulary
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Food Groups

Fruit and Vegetables – they contain vitamins and minerals
 Carbohydrates – they give us energy
 Proteins – they help us to build and repair muscles
 Dairy – contains calcium for our bones
 Fats and Sugars – also provide us with energy



Healthy and Balanced Diet

It is important that we get a balanced diet of foods from groups.
 We should try to eat 5 portions of fruit and veg per day.
 Try to avoid too many fatty or sugary foods as they can make you unhealthy.

Food Sources

Pork, bacon and meat sausages come from pigs.
 Eggs and chicken come from hens/chickens.
 Chips, wedges and fries come from potatoes.
 Milk, butter, cheese and beef come from cows.
 Fruit and vegetables come from different types of plants.



Food: Any nutritious substance that people eat or drink to maintain life and growth.
Nutrition: Process of obtaining the food necessary for health and growth.
Equipment: Items needed for a particular purpose e.g. cooking.
Ingredients: Any of the foods that are put together to make a particular dish.
Food Group: A collection of foods that share similar nutritional properties.
Balanced Diet: Eating a wide variety of foods from each of the five food groups.
Recipe: Set of instructions for preparing a particular dish.
Mixing: Combine or put together ingredients.
Weighing: Find out how heavy something is.
Food Source: Where food originates from.

Preparing Processes	Resources to support learning
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Preparing processes are the different ways that we get food ready to be eaten. It is important to prepare food safely and carefully.



<https://www.bbc.co.uk/bitesize/topics/zpvycdm>
<https://www.stem.org.uk/resources/collection/484377/year-2>
<https://www.stem.org.uk/resources/elibrary/resource/35091/what-eatwell-plate>

What I should already know:	By the end of this unit, I will know:
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- Make healthy choices in relation to eating.
- Experience of common fruits and vegetables, undertaking sensory activities e.g. appearance, taste and smell.
- Share ideas for sandwiches based on your own experiences.
- Name some tools used to make sandwiches.

- Understand where a range of European food comes from.
- Taste and evaluate a range of European sandwich ingredients.
- Design appealing sandwiches and use basic principles of a healthy and varied diet to prepare dishes.
- Use a range of equipment to make a sandwich.
- Cut and prepare food safely and hygienically.
- Evaluate end products against design criteria.

