



# Hanslope Primary School

## Design Technology Knowledge Organiser

**Year 2 - Food (Preparing fruit and vegetables including cooking and nutrition requirements for KS1)**

### Overview:

Understand where a range of fruit and vegetables come from e.g. farmed or grown at home.

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.

Know and use technical and sensory vocabulary relevant to the project.

### What key vocabulary will I learn:

*fruit and vegetable names, names of equipment and utensils, sensory vocabulary e.g. soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard flesh, parts of fruit and vegetables e.g. skin, seed, pip, core, actions e.g. slicing, peeling, cutting, squeezing, and healthy diet, choosing, ingredients*



### National Curriculum Links:

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

### How does this link to my future learning?

Year 3 - Food healthy and varied diet (including cooking and nutrition requirements for KS2)

### What steps will I follow to create my final product?

- Research where food comes from and the different sources
- Discuss the different food groups and their sources.
- Taste the different foods and which ones we like best
- Prepare the food using different utensils.
- Cook the food in different forms.
- Eat our food!



### **Health and Safety**

-Remove any jewelry and tie back long hair.

-Wear an apron and roll up your sleeves.

-Wash your hands with hot water and antibacterial soap.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods.

Check that food is cooked right the way through.

Check the dates on food, and check for allergies of those eating.

Make sure that you clean up properly after yourself.