

Y2 D.T. Dips and Smoothies



Cut

Using a knife to break down the whole piece of food into smaller pieces



Peel

To take off the outer layer or skin of a piece of food



Chop

Using a knife to break down pieces of food into even smaller pieces

Food Skills

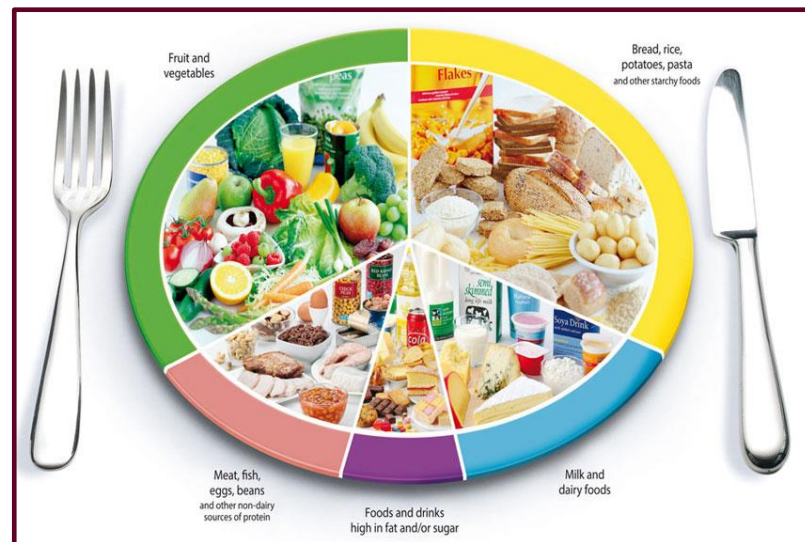


Dips come in a variety of different flavours and textures.



Smoothies are a cold drink that are usually made with fruit or vegetables mixed with milk, yoghurt or ice-cream and have a thick texture.

The 'Eat Well' Plate



The 'Eat Well' plate shows the main food groups and their recommended proportions for a healthy and balanced diet.

Vocabulary

Texture	How a food feels, it can be hard, soft, lumpy etc.
Evaluate	Deciding on the quality or condition of something.
Smoothie	A thick, smooth drink made with fruit and milk, yoghurt or ice-cream.
Dip	A thick sauce in which pieces of food are dipped into before eating.