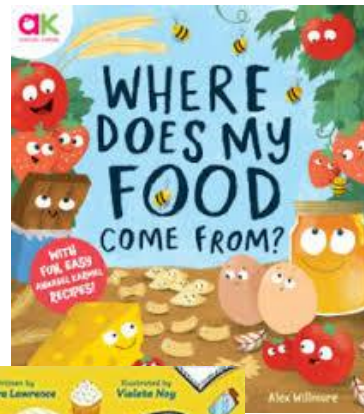
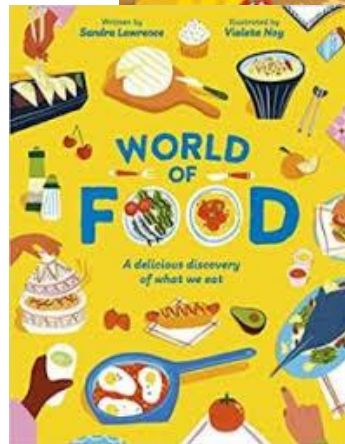
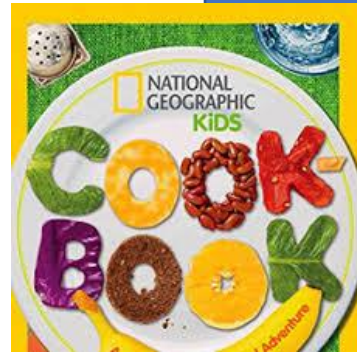


Books to help me learn even more.



Year 2 Cooking and nutrition

Key facts

The five different food groups are:

1. Carbohydrates.
2. Fruits and vegetables.
3. Protein.
4. Dairy.
5. Oils and spreads.



A balanced diet means eating lots of foods from different food groups.



End points

- Name the main food groups and identify foods that belong to each group.
- Describe the taste, feel and smell of a given food.
- Think of three different wrap ideas, considering flavour combinations.
- Construct a wrap that meets the design brief and their plan



Key Vocabulary

balanced	A healthy mixture of different kinds of food.
diet	The types of food someone eats.
evaluate	To study something carefully and decide if it is good or bad.
feel	The way something seems when you touch it.
grate	To break food such as cheese into small, thin pieces.
menu	A list of food and drinks that you can order.
review	To give an opinion about something.
smell	Information we detect about something using our nose.
snip	To make small cuts with scissors.
spread	To cover something with soft food.
taste	The flavour of a food.



cutting



grating



spreading



snipping



taste testing

Disciplinary knowledge		Prompts to deepen thinking
Marking out and cutting	• Using templates and patterns on fabric, pinning, tracing around outline of component parts. • Experimenting with using a template to draw and cut out 2 identical shapes. • Applying basic measuring skills. • Cutting fabric with precision. • Use of simple models e.g. base kits/use of nets to plan out use of space or a structure might be marked out in order to be made.	
Fixing and joining	• Developing basic sewing techniques – starting, ending, running stitch to join fabric. • Developing a range of techniques for joining fabric- lacing, stitching, stapling, gluing, taping. • Joining wheels and axels.	
Mechanisms and control	• Understanding simple mechanisms that allow movement - winding mechanisms.	
Finishing, including food hygiene	• Know about and apply different finishing techniques – collage, paint, cut out shapes, computer generated images to match a design brief.	