



Design and Technology Knowledge Organiser

Year 2: Summer Term – Food

Preparing Fruit and Vegetables

Design, make and evaluate a sensational African salad for a member of their family for lunch.



Key Knowledge

Learn this information

The 5 Main Food Groups (Eatwell Plate)



- * Fruit and vegetables
- * Carbohydrates
- * Protein
- * Dairy
- * Fats (including oils and sugars)

Where Vegetables Grow:

Above the ground: Lettuce grows above the ground. We eat the leaves of this plant. Celery also grows above the ground. We eat the stem of this plant.



Below the ground: Vegetables which we eat the roots of are grown below the ground. We eat 'root vegetables' such as carrots, potatoes and turnips.



Couscous:

Couscous is a North African dish. It is a tiny pasta made of wheat or barley.

To cook couscous:

1. add it to boiling water in a saucepan.
2. Stir once with a wooden spoon and then take the pan off a heat source.
3. Allow it to steam for five minutes.
4. Finally, fluff with a fork as the grains can stick together in the cooking process.

Key Skills

Practise and perform these skills

Use a range of equipment:

With supervision, children are helped with the following food processing skills. They need to select and use appropriate utensils and equipment to prepare and combine ingredients.



Peeling



Cutting



Slicing



Grating



Squeezing

Cutting safely with a safe sawing action:



Bridge Hold:

A way to safely cut foods. The technique is formed by arching the fingers to create a "bridge" and using the knife like a train going through a tunnel.



Claw Grip:

This method of cutting ensures that finger tips are tucked out of the way, in a "claw" grip and will not get caught by the knife.

Key Vocabulary

Understand these key words

Vocabulary	Definition
Balanced Diet	Eating a variety of foods from all five different food groups.
Blender	A machine that mixes ingredients together into a smooth liquid.
Fruit	The sweet and fleshy product of a tree or plant that contains seed and can be eaten as food.
Grate	To break into small pieces
Grater	A kitchen device covered with edged sharp holes used for grating cheese and other foods.
Healthy	When everything in your body and head feels good.
Ingredients	Foods that make a recipe
Nutrients	All the things in food that the body needs to remain healthy.
Peel	The tough skin around certain fruits and vegetables, such as oranges.
Peeler	A tool which helps you to remove the tough skin off fruits and vegetables/
Pith	The soft white lining inside fruit such as oranges.
Sensory Evaluation	Testing of foods where senses are used to give an opinion on qualities such as appearance, smell, taste and texture (mouth feel).
Slice	To cut a thin piece of food with a knife.
Smoothie	A combination of fruits and vegetables blended together to make a smooth drink.
Squeeze	Firmly press, often with fingers.
Vegetable	A plant or part of a plant used as food (and is not a fruit or seed).