



Y2 Thinking like a designer

Food: Balanced diet

Key Knowledge



Learning Questions

Can I recognize food and their food groups?

Can I identify the balance of food groups in a meal?

Can I identify an appropriate piece of equipment to prepare a given food?

Can I select a balanced combination of ingredients?

Can I design my wrap based on a given criteria?

Can I create and then evaluate a dish based on my design criteria?

Skills



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



Vocabulary

Balanced

A healthy mixture of different kinds of food.

Diet

The types of food someone eat.

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.