

Year 2 and 3
Summer block
Cycle B

Moor First Design and Technology
Knowledge Organiser
Topic Covered: Food and Nutrition- Healthy
and Varied Diet

WEAVING CONCEPTS



What should I already know:

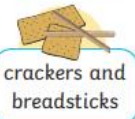
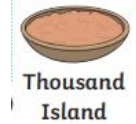
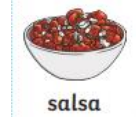
Year 2:

- I can use my own ideas to make something.
- I can cut food safely.
- I can explain to someone else how I want to make my product.

Year 3:

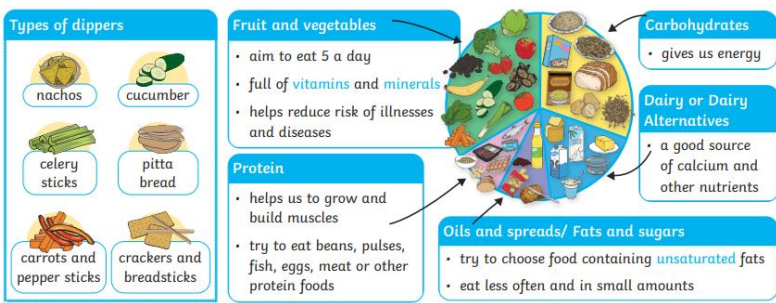
- I should be able to think of an idea and plan what to do next.
- I can describe the ingredients I am using.

Key Vocabulary	
Dip	A thick sauce that is eaten.
Dipper	Food that is used to pick up a dip before eating.
Appearance	The way something looks.
Ingredients	The foods that are used to make something.
Texture	The way that something feels.
Unsaturated	A healthy fat that is good for your heart.
Vitamins	Nutrients that the body needs to work properly.
Minerals	Things found in foods that keep us healthy and help us grow.
Taste	The flavour of food in our mouth.



What will I learn?

- I will learn what a healthy and varied diet is and identify the food groups.
- I will learn how to evaluate a product by explaining my likes and dislikes.
- I will learn how to use kitchen equipment safely and prepare dishes.
- I will be able to design a new product that is appealing.



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-Remove any
jewellery and
tie back long
hair.

-Walk safely
and calmly
around the
classroom.

-Wipe all surfaces.

-Wash hands
thoroughly.