

Food Technology

Year 2

D&T

Autumn 2

What is this topic?

This topic is all about food! We will be learning what a healthy food is and is not. We will also be looking at the different types of food there are, what categories these fall into and how we put them into their categories. We will also be looking at how we prepare, cut and serve food in a hygienic way.



Key knowledge:

- ❖ There are 5 different food groups.
- ❖ Fruit, vegetables, grains, dairy and protein.
- ❖ Children should have no more than 6 teaspoons of sugar a day.
- ❖ A healthy meal consists of something from each 5 food groups!

Key Vocabulary

Healthy	Promoting good health.
Food groups	A collection of food that share similar nutritional properties.
Nutrition	Obtaining food that is necessary for health and growth.

What will I learn?

- ❖ How to prepare a healthy meal.
- ❖ How to use different tools to create a healthy meal.
- ❖ What a healthy meal consists of.
- ❖ How to select appropriate ingredients.
- ❖ How to make a healthy meal.
- ❖ The different food groups and what is in each of these.