



Waterbeach Community Primary School

Curriculum Capture for Year 2 Design Technology: Cooking and Nutrition

Theme: Healthy Living

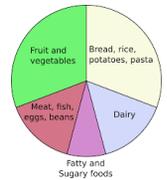
Key Knowledge

Where does food come from?

- Food comes from plants or animals
- All food must be caught, farmed or grown.
- Some foods don't change much from farm to fork, such as carrots.
- Some foods change quite a bit from farm to fork, such as chips and bread
- A lot of food needs to be stored, processed and transported before it gets to our tables.
- Some people grow their own food, such as fruit and vegetables, and keep chickens to lay eggs.

What does a healthy diet look like?

- A balanced diet consists of the 5 food groups:
- Fruit and vegetables>> apple, broccoli
 - Carbohydrates>> bread, cereal, rice, pasta
 - Fats and sugars>> butter, cake, chocolate
 - Dairy produce>>milk, yoghurt, cheese
 - Protein>>meat, fish, eggs, beans, lentils, quorn, soya



It is important to eat a balance from the groups. There should be more portions from the fruit and vegetable group and less from the fats group.

What is the impact of food packaging on the environment?

- Food packaging can affect the environment positively and negatively:
 - Excess use of plastic wrapping that cannot be recycled and some may end up in our rivers and oceans.
 - Cardboard packaging can be recycled or composted.
 - Some plastic packaging can be recycled.
- Packaging is not always needed, for example, bananas and oranges have their own protective skins.

Making soup

Design	Make	Evaluate
<ul style="list-style-type: none"> • Taste different vegetables and soups. • Look at the contents of different soups. • Talk about my preferences based on taste, colour and texture. • Gather data on others likes before making the soup. • Decide what would make a healthy soup. 	<ul style="list-style-type: none"> • Discuss how important hygiene is and wash hands. • Choose the correct vegetables and ingredients • Prepare the vegetables by safely chopping and peeling using appropriate utensils. • Follow a recipe 	<ul style="list-style-type: none"> • Talk about what went well. • Talk about how to improve next time.

Vocabulary

Farm to fork	The process of catching, farming or growing something to getting it to our tables ready to eat.
Store	To gather and keep for future use.
Process	A series of actions used to produce something.
Transport	To carry from one place to another.
Prepare	To make ready. When preparing food you should, clean your hands, separate foods and cook at the right temperature.
Producer	Someone who catches, farms or grows the food.
Consumer	Someone who eats the food.
Food miles	The miles food is transported from producer to consumer.
Environment	The natural world. The surroundings we live in.
Packaging	Container or wrapping something is placed in



Soup preparation

Key Skills

Design purposeful, functional, appealing products for themselves and other users based on design criteria
Generate, develop, model and communicate ideas through talking, drawing and testing
Select from and use a range of tools and equipment to perform practical tasks
Select from and use a wide range of materials and components, such as ingredients, according to their characteristics.
Explore and evaluate a range of existing products
Evaluate ideas and products against design criteria.
Use the basic principles of a healthy and varied diet to prepare dishes
Understand where food comes from.