

Autumn Year 4 D.T: Food and Nutrition Knowledge Organiser

Key vocabulary

healthy varied diet



A diet which contains the correct amounts of all the main food groups as shown on the Eatwell plate.

edible

Suitable to be eaten.

appearance

What the food looks like.

texture

What the food feels like in your mouth.

preference

What you like the best.

dried food

Water is removed to make the food last longer.

tinned food

Food is sealed in an air tight tin to make the food last longer.

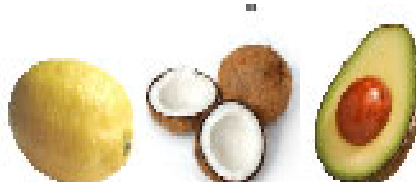
Food is produced all around the world.

A lot of the food we eat is grown in the UK, but some food comes from other countries where the weather or seasons are different to ours.

UK food



World food



A healthy diet

Different types of food and drinks provide different amounts of energy.



Different people need different amounts of energy. The amount of energy they need depends on their age, job, how active they are and their health.



Preparing food— getting ready to cook.

peeling



The claw method



The bridge method



spreading



weighing



Cooking food

baking



grilling



boiling



frying

