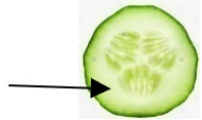


# Autumn Year 2 D.T: Food and Nutrition Knowledge Organiser

## Star Words



flesh



The inside part of a fruit or vegetable.

skin



The outer layer of a fruit or vegetable.

core



The middle part of a fruit which contains the seeds.

salad



A cold dish made with fruit or vegetables.

The Eatwell guide



Shows us the food and drinks we need to keep healthy.

design criteria

What the dish must do to be successful.

## A Healthy and Varied Diet



There are five main food groups:

Fruit and vegetables: e.g. apples, tomatoes, lettuce. **Remember to eat your five a day!**

Potatoes, rice, bread and pasta.

Beans, fish, eggs, meat.

Dairy: e.g. milk, butter, cheese. .

Oils and spreads e.g. cooking oil and spreads. Use only in small amounts

## Where does food come from?

Grow it



Raise it



Catch it



## Preparation— Getting fruit and vegetables ready to eat.

washing



peeling



cutting



slicing



grating



squeezing

