

Year: 2
Term: Autumn 1
Topic: Cooking and nutrition – A balanced diet



St Dennis Primary Academy

"Everyone matters, everyone succeeds, every moment counts"



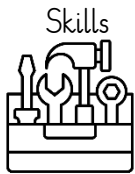
Where does this learning link to aspirations for the future?

Aspens are our school catering company. As well as cooking meals daily in school, there are lots of other jobs you can do in companies like this.

In DT we follow this five step process.



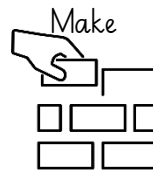
Research



Skills



Design



Make



Evaluate

The five food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Oils and spreads



A balanced diet means eating foods from different food groups.



Skills



cutting



grating



spreading



taste testing

Glossary

- balanced** A healthy mixture of different kinds of food.
- diet** The types of food someone eats.
- evaluate** To study something carefully and decide if it is good or bad.
- feel** The way something seems when you touch it.
- grate** To break food such as cheese into small, thin pieces.
- menu** A list of food and drinks that you can order.
- review** To give an opinion about something.
- smell** Information we detect about something using our nose.
- spread** To cover something with soft food.
- taste** The flavour of a food.