A Balanced Diet

DESIGN AND TECHNOLOGY
Food - Year 2
Autumn Term

Overview

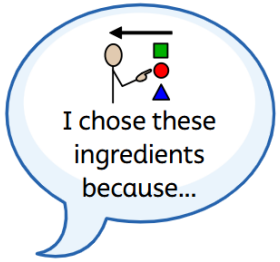
To help us to remain healthy, we need to eat a balanced diet. This should consist of the five different food groups. In this unit, will learn the names of the main food groups and identify foods that belong to each group. We will taste a variety of foods and describe their taste, texture and smell. Using our evaluations, we will design different wrap ideas, considering flavour combinations. Then we will construct the one that meets our design brief the best.

Key Information











Vocabulary

cut	cut – to split something into parts using a sharp tool
design	design – to make, draw or write a plan for something
design brief	design brief – a sentence that says what will be made and who it is for
evaluate	evaluate – to look at what is good or bad about something and think about how to make it better
fruit	fruit – a sweet or sour part of a plant that often contains seeds and can be eaten as food
grate	grate – to break food such a cheese into small, thin pieces
ingredients	ingredient – a food item needed to make a dish
smell	smell – information about something that is detected through the nose
taste	taste – the flavour of a food dish or item
vegetable	vegetable – a part of a plant that is eaten as food