

Key Knowledge Organiser - DT - Year 2

Cooking a balanced diet

Learning Sequence	Self-assessment	Teacher assessment
To recognise foods and their food groups.		
To identify the balance of food groups in a meal		
To identify an appropriate piece of equipment to prepare a given food.		
To select balanced combinations of ingredients.		
To design based on criteria.		
To evaluate a dish based on design criteria.		

Key knowledge

Fruit is a healthy choice- it is full of vitamins and fibre which helps to keep our bodies healthy. Many fruits contain Vitamin C, Vitamin A and fibre. It is important to drink regularly to keep our bodies hydrated.

Balanced meal

A balanced meal is made up of a variety of different foods. Eating balanced meals will give our bodies the nutrients and energy it needs to stay healthy.



Frozen Fruity Yoghurt Bites



- Ingredients**
- 200g natural yoghurt
 - Handful blueberries
 - Handful raspberries

Method

Put 12 cupcake cases onto a small baking tray.

Use a spoon to drop some yoghurt into each case.

Put a few pieces of fruit into each cup and press them into the yoghurt with your fingers.

Freeze for 2 hours or until solid.

Pop out of the cases and serve.



Key Vocabulary	
Vitamins	Important nutrients which your body needs to work and stay healthy
Diet	The kinds of food that a person or animals eat
Balanced meal	A meal made from many different kinds of foods which is important for keeping our bodies healthy.
Ingredients	Foods which make up a meal
Recipe	A set of instructions you follow to create a meal or dish.