



Year:	2	Unit:	Cooking and nutrition
Overview: Through their exploration of what makes a balanced diet, children taste test food combinations of different food groups. They will also aim to make a wrap that includes a healthy mix of protein, vegetables and dairy, and learn about the term 'hidden sugars.'			

Key Vocabulary		Key skills		
Alternative		<i>Design</i>	<i>Make</i>	<i>Evaluate</i>
diet	Changing an ingredient to something different.	• Designing a healthy wrap based on a food combination which work well together	• Slicing food safely using the bridge or claw grip • Constructing a wrap that meets a design brief	• Describing the taste, texture and smell of fruit and vegetables • Taste testing food combinations and final products • Describing the information that should be included on a label • Evaluating which grip was most effective
Balanced diet	The food and drink that a person or animal usually eats			
evaluation	Eating a variety of foods from all five different food groups			
healthy	When you look at the good and bad points about something, then think how you could improve it			
ingredients	When everything in your body and head feels good			
nutrients	Items that make up a mixture			
packaging	Substances in food that all living things need to make energy, grow and develop			
	The packet or container, which hold a product safe, ready to be sold.			

Progression of knowledge and skills in cooking and nutrition

What should I already know? (EYFS)

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The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



What will I learn in this unit? (KS1)

- Designing appealing products for a user; investigating fruit and vegetables and generating ideas; communicating through talk and drawings.
- Selecting a range of fruits and vegetables; using simple utensils and equipment.
- Tasting and evaluating user's preference; evaluating ideas and finished products against original criteria.
- Understand where ingredients come from and the basis of a healthy and varied diet.

Hidden sugars: Many unexpected food products can have high amounts of **sugar** such as pasta sauces and fizzy pop.

A jar of tomato pasta sauce



20 grams

One plain white bagel



6 grams

One granola bar



8 grams

Fruit fromage frais pot



10 grams