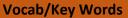
Year 2 Balanced Diets

Key Skills

- To understand where food comes from.
- 2. To use the basic principals of a balanced healthy diet to prepare dishes.
- 3. Explore and evaluate a range of existing products.
- 4. Taste testing
- 5. Evaluate design against design criteria.
- 6. Prepare food safely.



Alternative - changing an ingredient to something different.

Balanced diet - consuming a variety of food from all five food groups.

Diet - the food or drink a person or animal usually eats.

Evaluation - when you look at the good and bad points of something and think about changes to improve it.

Expensive - when something costs a lot of money.

Healthy - when everything in your body feels good.

Ingredients - items to make up a mixture.

Nutrients - substances in food that all living things need to grow, develop and produce energy.

Packaging - the package or container that holds a product safe and ready to be sold. It has information about the product.

Refrigerator - a large kitchen appliance that keeps food cool and fresh, so that they last longer.

Sugar - a product that is used to make food taste sweeter, found in either sugar or sugar beet.



Respect, Believe, Achieve

Key Knowledge

- Many unexpected foods have hidden sugar. Eg bagels, yogurt or granola bars.
- A balanced diet includes foods from all five food groups.
- •Food packaging contains nutritional information to help us make healthy choices.
- •Foods that have smaller amounts of sugar in grams are healthier, whereas foods that have higher amounts of sugar in grams should be limited or avoided.

Previous Learning

- The Hungry Caterpillar (Year R)
- ◆Being Healthy (Spring 2 Year R)
- ◆Healthy Smoothies (Year 1)

What I will know/be able to do by the end

- I know what a balanced diet is and how much of the five food groups (roughly) I should have each day.
- I know what 'hidden' sugar is and that packaging has nutritional information that can help find out how much.
- I can combine different foods and evaluate (exploring taste and smell), selecting the best combinations for my wrap.
- I can compare, order and record mass in grams.
- I can design a healthy wrap for myself based on design criteria and then evaluate it.

Websites/Signposting/Connection to a famous person

Watch Jamie Oliver's son, Buddy, make a healthy wrap.