


## Year 2 Balanced Diets

### Key Skills

1. 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.

### Vocab/Key Words

**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.](#)