Year 2: Food Knowledge Mat

Subject Specific Vocabulary		Food Preparation Techniques		Important knowledge
texture	How something feels when it is touched.	2 2 3 3		about food preparation and hygiene.
layer	Arranging things on top of one another.			 I can describe the taste, texture and appearance of a range of vegetables. I can use the basic principles of
Hygiene	Keeping clean to stay healthy and prevent disease.	Grating	Squeezing	a healthy and varied diet to design and prepare dishes.
diet	The kind of foods that a person eats.			☐ I know the five food groups. I know why the five food groups are important for our body. ☐ I can design a purposeful,
Balanced diet	Having different types of food in the correct amounts to keep us healthy.	Peeling		functional and appealing food product based on a design criteria.
criteria	A standard for evaluating something.	Knife Grips		☐ I know how to use equipment to slice, dice, grate and julienne.☐ I can use the bridge hold and
template	A shape, drawn to help cutting out.	14		claw grip technique to cut vegetables. □ I can follow good hygiene and
mock up	A model which allows us to try out ideas.		Claw Grip	work safely. I can evaluate my product against the design criteria.
measure	The size of something.	0.0	Bridge Grip	
evaluate	To judge how a product meets a chosen criteria.			