






Year 2: Food Knowledge Mat

Subject Specific Vocabulary		Food Preparation Techniques		Important knowledge about food preparation and hygiene
texture	How something feels when it is touched.			<ul style="list-style-type: none">❑ I can describe the taste, texture and appearance of a range of vegetables.❑ I can use the basic principles of a healthy and varied diet to design and prepare dishes.❑ I know the five food groups.❑ I know why the five food groups are important for our body.❑ I can design a purposeful, functional and appealing food product based on a design criteria.❑ I know how to use equipment to slice, dice, grate and julienne.❑ I can use the bridge hold and claw grip technique to cut vegetables.❑ I can follow good hygiene and work safely.❑ I can evaluate my product against the design criteria.
layer	Arranging things on top of one another.	Grating	Squeezing	
hygiene	Keeping clean to stay healthy and prevent disease.			
diet	The kind of foods that a person eats.			
balanced diet	Having different types of food in the correct amounts to keep us healthy.			
criteria	A standard for evaluating something.	Knife Grips		
template	A shape, drawn to help cutting out.			
mock up	A model which allows us to try out ideas.			
measure	The size of something.			
evaluate	To judge how a product meets a chosen criteria.			
		Claw Grip	Bridge Grip	