

# Year 1 - DT Knowledge Organiser

## Cooking and Nutrition

### Paddington's Picnic



#### What I remember from EYFS...

- Names of familiar fruits and vegetables.
- Some fruits and vegetables are grown in gardens.

#### Design...

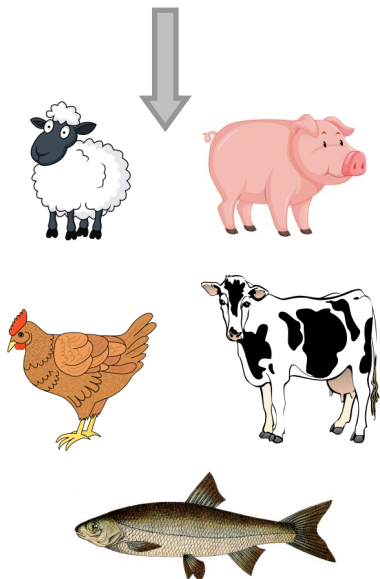


#### Key Knowledge...

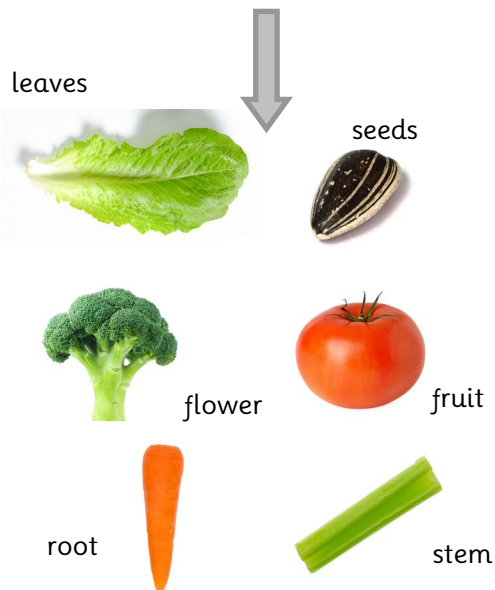


We need to eat at least five portions of **fruit and vegetables** every day to keep **healthy**.

Food comes from animals...



Food comes from plants...



#### Tilly Ramsey

Author of 'Tilly's Kitchen Take Over' - a recipe book inspired by her TV show 'Matilda and the Ramsey Bunch'.



#### Health and Safety...

We need to wash our hands and **utensils** before we cook, so that that we don't spread germs.



#### Key Vocabulary...

**Fruit** - The sweet and fleshy part of a plant that contains seeds and we can eat.

**Vegetable** - A plant or part of plant that we can eat.

**Healthy** - Food that will help your body have good nutrition.

**Fork Secure** - Dig fork into food, hold fork in one hand and chop food.

**Utensil** - A kitchen tool you can hold in your hand.

**Portion** - A serving or a helping for one person.

#### Key Skills...

Use a spoon to mix.



Use the 'Fork Secure' method to cut fruit into pieces.

