

# Year 2- DT Knowledge Organiser

## Cooking and Nutrition



### Apple Pie

#### What I remember from Year 1...

- Food comes from plants and animals.
- Eating at least 5 portions of fruit and vegetables every day keeps us healthy.
- How to use the 'Fork Secure' method to cut fruit into smaller pieces.

#### Design...



#### Mary Berry

English food writer, chef, baker and television presenter. Mary has published more than 75 cookery books.



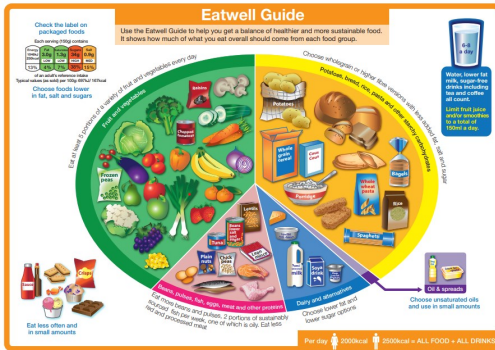
#### Health and Safety...

- Remove jewelry and tie back long hair.
- Wear an apron and roll up your sleeves.
- Wash your hands with hot water and soap before and after preparing food.

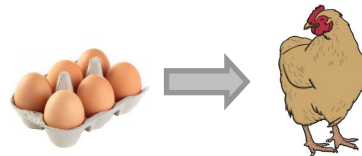
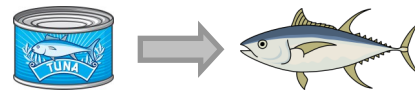
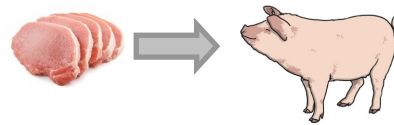
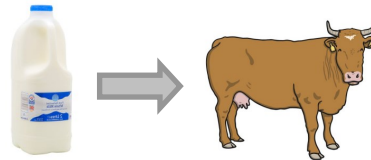


#### Key Knowledge...

A **balanced diet** is made up of the five main **food groups** - carbohydrates, protein, fruit and vegetables, dairy, fats and sugars.



#### Foods from animals...



#### Key Skills...

Use the 'Bridge Hold' technique to cut apple into pieces.



Use a Y-Shaped Peeler to peel the skin from apples.



#### Foods from plants...



carrot



broccoli



tomato



celery



sunflower seeds

#### Key Vocabulary...

**Balanced diet** - A diet containing a good variety of different food types to ensure good health.

**Hygienically** - The things you must do to ensure good health and to keep clean.

**Food groups** - A food category.

**Bridge Hold** - Hold food to be cut between fingers and thumb to create a bridge.

**Peel** - Remove the skin of fruit and vegetables..