



Holy Souls Knowledge Organiser

Topic: Design Technology DT	Year 2	Strand Seaside Snacks
What should I already know? • Know what the different parts of the vegetable and fruit are called – skin, flesh and seeds. • Know that different fruits and vegetables smell and taste differently. • Know how to use a sharp knife, grater and peeler safely. • Know what 'working hygienically' means keeping hands, food and surfaces clean and free of dirt so that we do not get ill. • Know that a healthy diet means eating a variety of foods that give you nutrients to keep healthy, feel good and have energy. • How to make a simple salad or smoothie safely and hygienically	Design and make process Key skills: I can cut and prepare food safely and hygienically. I can use my own ideas to make something. I can choose appropriate resources and tools. I can choose ingredients that form part of a healthy diet.	Vocab Balanced plate - The right amount of food for each of the food groups (see diagram) is on your plate. Savoury - Food that is not sweet. Edible - Fit or safe to eat Appetising - Nice to eat. Snacks - A small amount of food eaten between meals Five a day - Eating 5 portions of fruit and vegetables. A portion is the amount they can fit in their hands. Fibre - Fibre is a type of carbohydrate that the body doesn't digest (break down). Portions - A portion is the amount of food on the plate. Healthy - Being sound and well. Dehydrated - Your body doesn't have enough water in it to keep it working right.
Diagrams	DT Skills/Techniques • Food tasting • Follow recipes to make snacks • Peel and cut ingredients • Hand hygiene • Mix , spread, grate and combine ingredients •	
Curriculum Enhancement: focused text/WOW moment/visitors/trips.		
Food tasting, Making snacks, Trip to the beach		