



TOPIC:
Food - A Balanced Diet

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YEAR GROUP:
Y2
TERM:
Summer

What I already know...
<p>Continuing to build on the KS1 Design Technology curriculum:</p> <ul style="list-style-type: none"> • Use the basic principles of a healthy and varied diet to prepare dishes • Understand where food comes from

What I will know after this unit...
<ul style="list-style-type: none"> • I will understand what 'hidden sugars' are • I will know where to find the nutritional information on drinks • I will know that there are five food groups and roughly how much of each food group I should eat each day • I will be able to talk about how we experience food through touch and smell and consider and review food combinations • I will understand how to safely prepare food • I will know how to make a healthy wrap • I will be able to review my design

Key Vocabulary

alternative, diet, balanced diet, evaluation, expensive, healthy, ingredients, nutrients, packaging, refrigerator, sugar, substitute

Food - A balanced diet

Alternative	Changing an ingredient to something different. For example using diet cola instead of full sugar cola or eating a piece of fruit instead of a bag of crisps.
Diet	The food and drink that a person or animal usually eats.
Balanced diet	Eating a variety of foods from all five different food groups.
Evaluation	When you look at the good and bad points about something, then think about how you could improve it.
Expensive	Something that costs a lot of money.
Healthy	When everything in your body and head feels good.
Ingredients	Items that make up a mixture e.g. foods that make a recipe.
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Packaging	The packet or container, which holds a product safe, ready to be sold. It has information on about the product.
Refrigerator	A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.
Sugar	An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.

Key facts

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



Hidden sugars: Many unexpected food products can have high amounts of **sugar** such as pasta sauces and fizzy pop.

A jar of tomato pasta sauce	One plain white bagel	One granola bar	Fruit fromage frais pot
			
			
20 grams	6 grams	8 grams	10 grams