



Year 2 Summer 1:  
Cooking and Nutrition: Balanced Diet

Key Question :  
Can you create a balanced wrap to meet a design brief?

Lesson 1 Can you recognise foods and their food groups?	Lesson 2 Can you identify the balance of food groups in a meal?	Lesson 3 Can you identify an appropriate piece of equipment to prepare given food?	Lesson 4 Can you select balanced combinations of ingredients?	Lesson 5 Can you design based on criteria?	Lesson 6 Can you evaluate a dish based on design criteria?
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Vocabulary

 balanced	A healthy mixture of different foods	 diet	What people do or do not eat	 taste	The flavour of a food
 evaluate	What was good or bad	 feel	The way something seems when you touch it	<p>The five different food groups are:</p> <ol style="list-style-type: none"> <li>1. Carbohydrates.</li> <li>2. Fruits and vegetables.</li> <li>3. Protein.</li> <li>4. Dairy.</li> <li>5. Oils and spreads.</li> </ol> 	
 grate	To break food into small pieces	 menu	A list of food or drinks to order		
 review	To give an opinion	 smell	The sense you have through your nose		
 snip	To make small cuts	 spread	To cover something in soft food		