



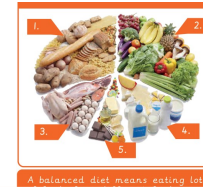
Year 2 - Cooking and Nutrition - Balanced Diet - Term 2

Key Vocabulary

Balanced diet	Eating a variety of foods from different groups.
Carbohydrate	A food group that provides energy.
Protein	A food group used by the body for growth.
Fruit	The edible part of a plant, often with seeds.
Vegetable	An edible part of a plant.
Ingredient	A food used to make a dish.
Grate	To rub food into small pieces.
Spread	To cover food with a soft ingredient.
Taste	The flavour of a food.
Evaluate	To judge a dish and suggest improvements.

Five food groups

Carbohydrates; fruit and vegetables; protein; dairy; and oils and spreads.



A balanced diet means eating lots

Eating different foods helps balance a diet.

Choose a balanced meal

A balanced dish includes a range of food groups and ingredients.



Think about the food groups in each ingredient.

Food preparation skills

You may need to cut, grate, spread, snip or taste-test ingredients safely.



Select the right tool for each ingredient.

To know statements

To recognise foods and their food groups.

To identify the balance of food groups in a meal.

To identify an appropriate piece of equipment to prepare a given food.

To select balanced combinations of ingredients.

To design based on criteria.

To evaluate a dish based on design criteria.

What can you remember from previous units?

How can we use tools safely when preparing food?

Which foods have you eaten today?

Anything else you have learnt?

What have you enjoyed?