

KEY WORD MAT – St Gregory’s RC Primary School

Topic: D.T.

Year Group: 2 Summer

Strand: Food Preparing Fruit and Vegetables - Vegetable Kebabs

Balanced Diet



A balanced diet is eating the right amount of food from different food groups.

We would be healthier if we had a **balanced diet**.

Healthy



The right food to keep your body in good health.

Healthy foods have a lot of vitamins and minerals and are good for your body.

Chop



Cut something into pieces using a knife.

We are going to **chop** the vegetables.

Peel



Getting rid of the outer covering or top layer of the fruit or vegetable.

We may have to **peel** some of our vegetables before we use them.

Kebab



A dish of pieces of meat, fish, or vegetables roasted or grilled on a skewer.

We will be making a vegetable **kebab**.

Plant



A living thing that grows in earth, water or on other plants.

Some vegetables come from a **plant**.

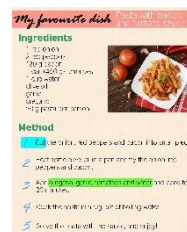
Continental



Foods or meals that come from a specific continent.

We will research different **continental** vegetables to include in our kebabs.

Recipe



Instructions to prepare and make a dish.

You can share your **recipe** with others so they can make your vegetable kebabs.

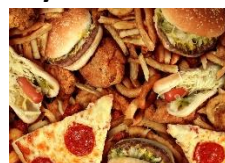
Food Groups



A collection of foods which share the same nutritional properties.

The healthy meal plate is split into 5 **food groups**.

Unhealthy



These foods are not good for our body.

Unhealthy foods don't give a lot of energy and are high in sugars or fats.