


KNOWLEDGE ORGANISER – St Gregory’s RC Primary School

Topic: Design Technology

Year Group: 2 Summer

Strand: Food Preparing Fruit and Vegetables - Vegetable Kebabs

What I should already know	Sticky knowledge	Key skills
<ul style="list-style-type: none"> • I know the 5 food groups. • I know that fruit and vegetables are grown on plants. • I know that we should eat 5 portions of fruit or vegetables per day. • I know that some fruits & vegetables are grown over ground and some fruits & vegetables are grown underground. • I know we need to wash our hands before preparing and eating food. • I can prepare a simple dish using fruit and vegetables. 	<ul style="list-style-type: none"> • I know that different food comes from different countries and needs different climates to grow. • I know which food groups are healthy and unhealthy. • I know where different food comes from • I know that all foods come from either plants or animals. • I can give examples of continental foods. • I can create a healthy dish. 	<ul style="list-style-type: none"> • I can cut, peel, grate and chop a range of ingredients. • I can use the Eat Well Plate to identify healthy and unhealthy food groups. • I understand where different food comes from.
Design brief		
Can you make a healthy, tasty vegetable kebab to take to eat, on picnic in the park?		

Vocabulary		Diagrams/Pictures
Balanced diet	A balanced diet is eating the right amount of food from different food groups	
Chop	Cut something into pieces using a knife.	
Kebab	A dish of pieces of meat, fish, or vegetables roasted or grilled on a skewer.	
Continental	Foods or meals that come from a specific continent	
Food groups	A collection of foods which share the same nutritional properties.	
Healthy	The right food to keep your body in good health. These foods have a lot of vitamins and minerals and are good for your body.	
Peel	Getting rid of the outer covering or top layer of the fruit or vegetable.	
Plant	A living thing that grows in earth, water or on other plants.	
Recipe	Instructions to prepare and make a dish.	
Unhealthy	These foods are not good for our body. They don't give a lot of energy and are high in sugars or fats.	

