

Key vocabulary

utensils	a tool used in the home, especially the kitchen
technique	a particular way of doing something
smoothie	a cold drink made from liquid and different fruits
flavour	the way something tastes
combining	to bring together
reared	when animals raised for food
food group	a collection of food that have similar nutritional content
nutrition	giving your body the food it needs to grow and be healthy

We are building on our knowledge from making a Paignton Pudding Year 1

This will help us when we make salads in Year 3

Key knowledge

As well as washing our hands, it is important that our utensils and work tops are clean and hygienic

Food can be farmed, reared or caught

Everyone should eat at least five portions of fruit and vegetables everyday

Food can be sorted into five main groups:

- fruit and vegetables
- bread and cereal
- meat, fish, alternatives
- milk and dairy
- food containing fat



There are different techniques for preparing food which use different tools, including chopping, peeling and grating

Combining different ingredients will create different flavours

