

DT – Year 2
Making Smoothies
(Previous knowledge –(Year 2)

Vocabulary

Tier 1	Tier 2	Tier 3
Fruit	Hygiene	Combine
Vegetable	Blend	Preparation
Cook	Allergy	Survey
Cut	Peel	Evaluate
Fork	Recipe	Texture
Knife	Cutlery	Consistency

Useful Resources

<https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwty>

Key Questions:



What fruit and vegetables do people like?

What key foods are included on a healthy plate?

Where do different types of food come from?

Why is the design of a product important?

How do we prepare food safely?

What are the principles of a healthy and varied diet?



Carbohydrates: gives us energy

Protein: repairs our muscles

Fruit: gives us vitamins and minerals

Vegetables: contains fibre to support digestion

Fats: can be used for energy and keeps our bodies warm.

Definitions:

Peel	To remove the skin of fruit and vegetables
Blend	to mix enough so that there no longer seem to be separate parts or ingredients.
Grate	to put different things together so that the parts become one
Mix	to pierce, slice, or open with a sharp tool such as a knife
Weight	To see how much of an ingredient you have.