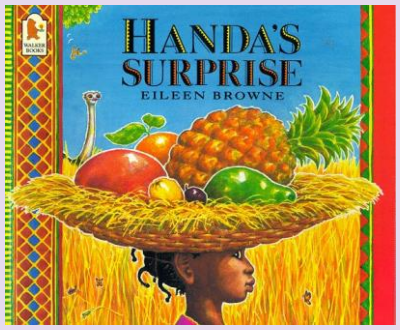
KS1 DT Knowledge Mat- Fruit Salad - CYCLE B

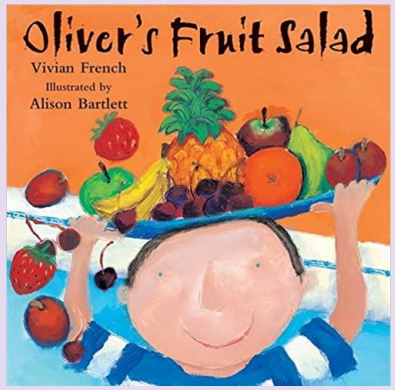
Subject Specific Vocabulary	
Healthy	A good physical condition
Unhealthy	Looking ill not having good health
Balanced	Having a mixed diet, eating a correct amount of healthy foods and treats
Fruit	The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.
Ingredients	The different foods you use when you are cooking a particular dish.
Cut/chop	To divide into pieces with a knife or other sharp implement.
Grate	To reduce (food) to small shreds by rubbing it on a grater.
Squeeze	To firmly press (something soft), typically with one's fingers.
Mix	To combine or put together to form one substance or mass.

Sticky Knowledge

- I Know the basic principles of a healthy and varied diet.
- I can cut food safely.
- I can describe the ingredients to use in a recipe.

Related Books





Aspirations

Nutritionist

Chef

Crucial Connections

https://www.bbc.co.uk/bitesize/articles/zsqkg7h

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



