

# Year 2 - DT Knowledge Organiser - Food nutrition



## What's in season when...

### Spring

#### Meat

Beef Steaks  
Chicken  
Sausages  
Spring Lamb - Grills

#### Vegetables

Asparagus  
Carrots  
Cauliflowers  
Celeriac  
Cucumbers  
Curly Kale  
Purple Sprouting Broccoli  
Savoy Cabbage  
Soybean  
Spinach  
Spring Greens  
Spring Onion  
Watercress



#### Fruit

Gooseberries  
Rhubarb

#### Fish

Crab  
Haddock  
John Dory  
Lobster  
Mackerel  
Monkfish  
Prawns  
Sea Bass  
Sea Salmon  
Trout  
Turbot



### Summer

#### Meat

Beef Steaks  
Burgers  
Chicken - Kebabs & Grills  
Ham  
Lamb - Grills  
Pork Pies  
Pork Spare Ribs  
Saltmarsh Lamb  
Sausages  
Venison



#### Vegetables

Beetroot  
Broad Beans  
Carrots  
Cauliflowers  
Courgettes  
Cucumber  
Fennel  
Fresh Peas  
Garlic  
Green Beans  
Lettuce & Salad Leaves  
New potatoes  
Radishes  
Runner Beans  
Sage  
Salad Onions

#### Fruit

Blueberries  
Currants - black, white and red  
Elderflower berries  
Greengages  
Loganberries  
Plums  
Raspberries  
Strawberries  
Tayberries

#### Fish

Crab  
Pilchard  
Wild Salmon

### Autumn

#### Meat

Chicken  
Grouse  
Ham  
Heather-fed Lamb  
Pies  
Pork  
Roasts  
Sausages  
Venison

#### Vegetables

Field Mushrooms  
Lettuce  
Marrow  
Potatoes  
Pumpkin  
Rocket  
Squashes  
Sweetcorn  
Watercress



#### Fruit

Squash  
Tomatoes  
Watercress



#### Fish

Brill  
Dabs  
Dover Sole  
Flounders  
Oysters  
Skate

### Winter

#### Meat

Casseroles  
Chicken  
Gamon  
Goose  
Partridge  
Pheasant  
Pies  
Roasts  
Sausages  
Turkey  
Venison  
Wild Duck



#### Vegetables

Bay Leaves  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Curly Kale  
Fennel  
Leeks  
Parsnips  
Potatoes  
Red Cabbage  
Turnips

#### Fruit

Apples  
Blackberries  
Damsons  
Elderberries  
Pears  
Plums  
Sloes



#### Fish

Grey Mullet  
Plaice  
Scallops



Get ready to cook



Tie back long hair.



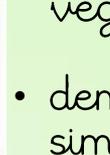
Roll up long sleeves.



Wear an apron.



Wash hands thoroughly with warm water and soap or hand wash.



Dry hands thoroughly.

To speed things up, ask the children to help one another tie their aprons.



## We will learn how to:

- explain hygiene and keep a hygienic kitchen.
- understand that all food comes from plants or animals.
- know that food has to be farmed, grown elsewhere (e.g. home) or caught.
- understand how to name and sort foods into the five groups in 'The Eat well plate' Know that everyone should eat at least five portions of fruit and vegetables every day.
- demonstrate how to prepare simple dishes safely and hygienically, without using a heat source.
- cut, peel and grate with increasing confidence.

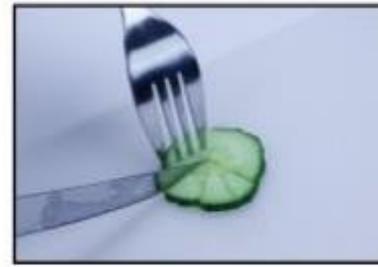
Design

Make

Evaluate

# Key Vocabulary

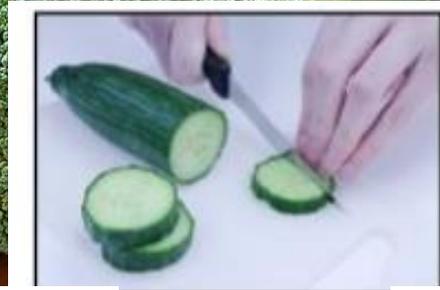
Design	To plan, draw and write simple labels for what we are going to make.
Eatwell plate	The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet
Evaluate	To say what is good and what we could make better in our products.
Fairtrade	When the money we pay for products gives the producers (farmers) enough to afford the essentials that they need.
Grate	To cut equal slices of a fruit or vegetable finely using a grater. When grating, remember, you do not have to grate every bit of the food. It is best to leave a small chunk at the end to hang on to.
Measure	To check or make sure something is the correct size.
Peel	A way to remove the skin or peel from a fruit or vegetable. Always peel away from themselves while using a peeler.
Weigh	To measure out ingredients for use in a recipe. Weigh in grams or kilograms



The Fork Secure



The Bridge



The Claw

