



| Subject: DT                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                    | Year group: 2    Term: Spring                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  | Title: Food - A Balanced Diet                                                                                                                                                                                                                                                                                                                                            |  |           |            |               |                                                   |       |                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------|------------|---------------|---------------------------------------------------|-------|--------------------------------------------------------------------------------------------------------------------|
| <div>What should I already know?</div> <ul style="list-style-type: none"><li>A variety of foods in the different food groups.</li><li>That some foods that are healthy and unhealthy.</li><li>That it is important eat a variety of foods.</li></ul> <div></div>                                                              |                                                                                                                    | <div>Facts I will learn</div> <ul style="list-style-type: none"><li>To know that the five main food groups are: carbohydrates, fruits and vegetables, dairy and foods high in fat and sugar.</li><li>To understand that I should eat a range of different foods from each food group.</li><li>To know that nutrients are substances in food that all living things need to make energy, grow and develop.</li><li>To know that many food and drinks we do not expect to contain sugar do: we call these 'hidden sugars'.</li><li>To describe the taste, texture and smell of some foods.</li></ul> |  | <div>Key questions</div> <ul style="list-style-type: none"><li>What food group is it in?</li><li>What ingredients have been used?</li><li>Where do the products grow?</li><li>How could we make it appealing to eat?</li><li>How do we make it a balanced diet?</li></ul> <div></div> |  |           |            |               |                                                   |       |                                                                                                                    |
| <div>Key Skills</div> <ul style="list-style-type: none"><li>Designing a healthy wrap based on a food combination which works well together.</li><li>Slicing food safely using the bridge or claw grip.</li><li>Constructing a wrap that meets a design brief.</li><li>Describing the taste, texture and smell of fruits and vegetables.</li><li>Describing the information provided on a food label.</li></ul> |                                                                                                                    | <div>Experiences that school will provide</div> <p>Identifying the sugar content in foods.<br/>Tasting different food combinations.<br/>Cutting food safely.<br/>Designing and preparing a healthy wrap.</p>                                                                                                                                                                                                                                                                                                                                                                                       |  | <table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>balanced diet</td><td>A diet that has lots of different types of foods.</td></tr><tr><td>sugar</td><td>A sweetener that is added to food and drinks to make it taste nice. Too much sugar is bad for your diet and teeth.</td></tr></table>                                                                 |  | Key vocab | Definition | balanced diet | A diet that has lots of different types of foods. | sugar | A sweetener that is added to food and drinks to make it taste nice. Too much sugar is bad for your diet and teeth. |
| Key vocab                                                                                                                                                                                                                                                                                                                                                                                                      | Definition                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |                                                                                                                                                                                                                                                                                                                                                                          |  |           |            |               |                                                   |       |                                                                                                                    |
| balanced diet                                                                                                                                                                                                                                                                                                                                                                                                  | A diet that has lots of different types of foods.                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |                                                                                                                                                                                                                                                                                                                                                                          |  |           |            |               |                                                   |       |                                                                                                                    |
| sugar                                                                                                                                                                                                                                                                                                                                                                                                          | A sweetener that is added to food and drinks to make it taste nice. Too much sugar is bad for your diet and teeth. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |                                                                                                                                                                                                                                                                                                                                                                          |  |           |            |               |                                                   |       |                                                                                                                    |

|                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                                                                        |             |                                                                                                             |        |                                                                                           |             |                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------|-------------|------------------------------------------------------------------|
| <p><b>Web links</b></p> <p><a href="https://www.bbc.co.uk/bitesize/topics/zqbxqfr/articles/zxvkd2p">https://www.bbc.co.uk/bitesize/topics/zqbxqfr/articles/zxvkd2p</a><br/>(What do humans need to stay healthy?)</p> <p><a href="https://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zhkbn9q">https://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zhkbn9q</a><br/>(Food groups)</p> | <p><b>Experiences that could be provided at home</b></p> <p>Tasting different foods.<br/>Creating wraps using different food combinations.<br/>Identifying the sugar content in food.<br/>Eating a healthy diet.</p> | <table><tr><td>healthy food</td><td>Foods that are good for you that help you to grow and not become sick.</td></tr><tr><td>food groups</td><td>Different types of foods that should be eating everyday to keep your body healthy. There are 5 food groups.</td></tr><tr><td>senses</td><td>Parts of our bodies that help us understand what is going on around us. We have 5 senses.</td></tr><tr><td>combination</td><td>Different objects or items put together to create something new.</td></tr></table> | healthy food | Foods that are good for you that help you to grow and not become sick. | food groups | Different types of foods that should be eating everyday to keep your body healthy. There are 5 food groups. | senses | Parts of our bodies that help us understand what is going on around us. We have 5 senses. | combination | Different objects or items put together to create something new. |
| healthy food                                                                                                                                                                                                                                                                                                                                                                               | Foods that are good for you that help you to grow and not become sick.                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                                                                        |             |                                                                                                             |        |                                                                                           |             |                                                                  |
| food groups                                                                                                                                                                                                                                                                                                                                                                                | Different types of foods that should be eating everyday to keep your body healthy. There are 5 food groups.                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                                                                        |             |                                                                                                             |        |                                                                                           |             |                                                                  |
| senses                                                                                                                                                                                                                                                                                                                                                                                     | Parts of our bodies that help us understand what is going on around us. We have 5 senses.                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                                                                        |             |                                                                                                             |        |                                                                                           |             |                                                                  |
| combination                                                                                                                                                                                                                                                                                                                                                                                | Different objects or items put together to create something new.                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                                                                        |             |                                                                                                             |        |                                                                                           |             |                                                                  |