

Year group:
Year 2



Term: Summer

Food

National Curriculum: Use basic principles of a healthy and varied diet to prepare dishes.
Understand where food comes from.

Key Knowledge and skills

Cut, peel and grate ingredients safely and hygienically.

Measure and weigh using grams and kilograms and electronic scales.

Assemble or cook ingredients by following a recipe.

To follow the food hygiene procedure before cooking (clean and tidy cooking area, wash hands, remove jewellery, put an apron on, tie back long hair).

To follow the food hygiene procedure after cooking (clean down surfaces, put ingredients away, for example in a fridge, wash equipment in warm water and washing up liquid and dry well).

To use cooking equipment and tools safely, for example, grater, rolling pin and knife.

To understand that food is classified into food groups and that it has to be eat in different proportions to stay healthy (use the healthy eating plate diagram).

To understand age-appropriate information about their food and how it is grown or made, for example tomatoes are used to make red sauce and that cow's milk can be used to make cheese.

Vocabulary

Hygiene	Keeping clean and healthy and free from germs.
Rolling pin	A hard, smooth cylinder of wood or marble with handles at each end. It is used to roll out dough.
Dough	A thick mixture of flour and liquid, such as water or milk that is prepared for baking into bread or cake.
Recipe	A list of ingredients and instructions for preparing and cooking food.
Scales	A machine for weighing things.
Oven gloves	A padded glove or mitten used to handle cooking utensils and dishes when they are too hot to touch with bare hands.
Bridge hold	Cutting technique whereby one hand is used to make a bridge over the vegetable or fruit with fingers on one side and thumb on the other.
Knead	To work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.

Evaluate

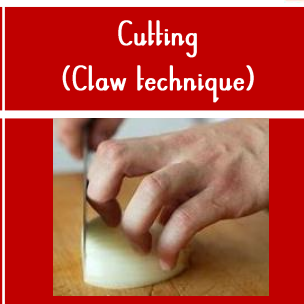
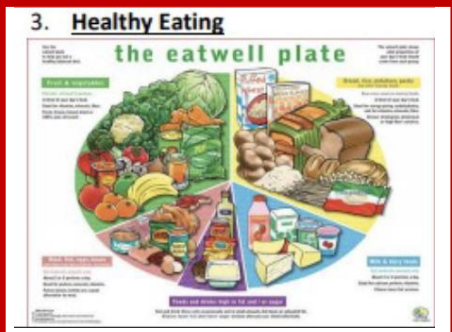
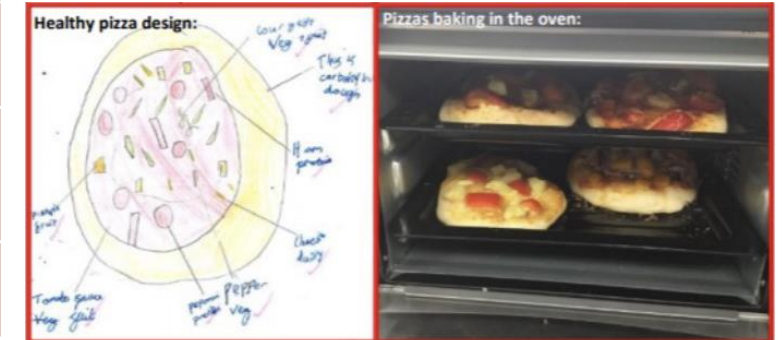
How did you use your knowledge of a balanced diet to choose your ingredients?

Which toppings did you like the most? The least?

Which methods did you use to cut and prepare your ingredients?

Which methods did you use to prepare the dough for the pizza base?

If you could change or add an ingredient in your pizza to improve it, what would use?



Outcome

To follow a recipe to make a healthy pizza for an end of year summer party.