





KNOWLEDGE ORGANISER

DT	NUTRITIONAL DIETS	LKS2
Cross curricular links	Key skills	Key Vocabulary/definitions
<p>PSHE – living a healthy lifestyle and how this affects our mental health. Discussing the importance of a balanced diet.</p>	<ul style="list-style-type: none"> • To evaluate a meal by referring to taste and appeal • To prepare a variety of foods in different ways and can do safely and hygienically • To design and prepare a healthy seasonal meal for a targeted group and explain the criteria and benefits of seasonal food 	<p>seasonality – the fact that something changes according to the time of the year</p> <p>conditions – the circumstances or factors affecting the production of food</p> <p>healthy – indicating or promoting good health</p> <p>nutritious – containing many of the substances needed for life and growth</p> <p>hygienic – clean and unlikely to cause disease</p>
<p>Pictures/photos relevant to topic</p>	<ul style="list-style-type: none"> • To design a healthy savour meal, selecting ingredients with a low carbon footprint, as well as taking cost into consideration • To understand the seasonality of food and have an awareness of the range of modern food production 	
 	<p style="text-align: center;">Key Facts</p> <p>Recipes for kids recipes - BBC Food</p> <p>https://www.foodafactoflife.org.uk/7-11-years/healthy-eating-7-11-years/eat-well-7-11-years/</p> <p>https://www.bbc.co.uk/bitesize/articles/zppv4j</p> <p>https://www.youtube.com/watch?v=9Opt06QF9WY</p>	