

Year 1 DT Food and Nutrition - Knowledge Organiser

Safely use and explore a variety of tools and techniques

Select from a range of tools to perform practical tasks


★ Star Vocabulary

- Food
- Nutrition
- Equipment
- Ingredients
- Recipe
- Food Group
- Balanced Diet
- Food Source
- Mixing
- Weighing
- Baking
- Grilling
- Health & Safety

Key Skills - Preparing and Cooking Processes

Preparing Process

Preparing process are different ways that we prepare food to eat

- **Mixing** - to blend ingredients together using a spoon or a blender

- **Weighing/measuring** – to get the correct amount of an ingredient, using scales, tablespoons or teaspoons

Cooking Process

Cooking processes are the different ways that we heat food before we eat it

- **Baking** – To cook food in a heated oven
- **Grilling** – to cook food under a hot grill



Where Food Comes From

Food Source

A food source is the place where food comes from. Food comes from plants and animals.

- Eggs come from Chickens
- Fruit and Vegetables come from all different plants
- Milk, butter and cheese comes from cows
- Meat comes from animals



From Source to Plate

In order for us to eat food we need to grow, raise or catch it.

- Grow it - we can grow plants and trees
- Raise it – We can raise animals
- Catch it – We can catch fish



Food Groups – There are 5 groups

Fruit and Veg - Contain vitamins and minerals

Carbohydrates - Give us energy

Proteins - Build our muscles

Dairy - Contains calcium for our bones

Fats and Sugars - Add fat storage for energy

A Healthy and Varied Diet



Varied Diet

Eat 5 portions of fruit and veg per day
To build strong muscles eat protein/dairy
Avoid fatty or sugary foods
To stay healthy eat a balanced diet
Eat food from each of the 5 food groups

Research where food comes from and the sources.

Discuss the different food groups and their sources.

Taste the different foods and which ones we like the best.

Prepare the food using different utensils.

Cook the food in different forms.

Eat our food!

Timeline