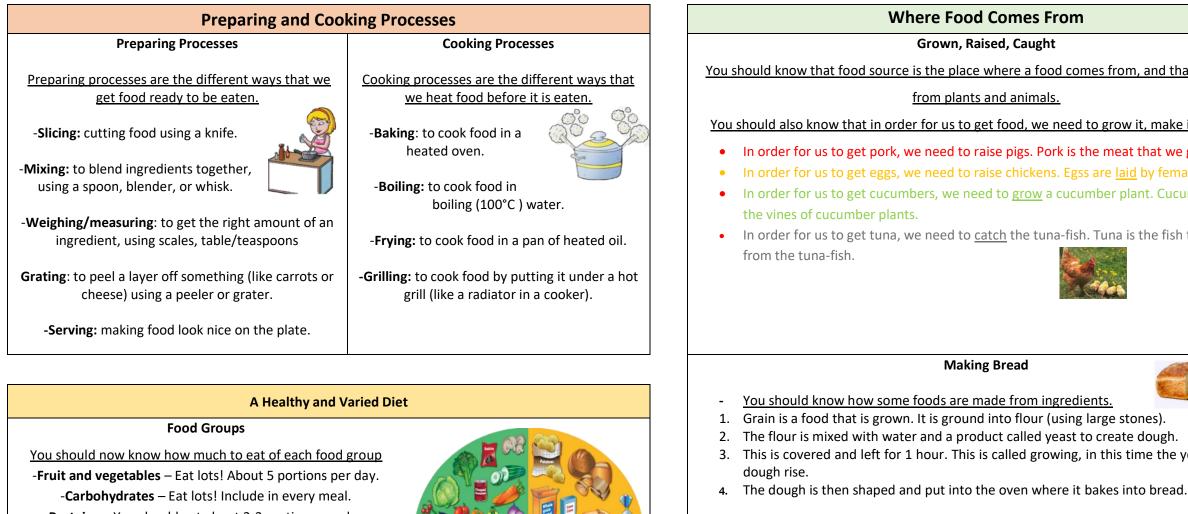


LKS2 D.T: FOOD AND NUTRITION

KNOWLEDGE ORGANISER



Food from Around the

Where Food Comes From

Grown, Raised, Caught

from plants and animals.

Making Bread

You should already know that some of our food is produced locally, w some may come from elsewhere in the world. Sometimes, foods can easily made in lots of different countries. However, sometimes the conditions in a country make it perfect for producing certain foods.

When we trade in foods from another country it is called **importing**. W we trade out food to another country it is called **exporting.**



Health and Safety

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods. This stops bacteria spreading.

Use a food thermometer to check that food is cooked through.

-Proteins – You should eat about 2-3 portions per day. -Dairy – You should eat about 2-3 portions per day. -Fats and Sugars – Only eat occasionally and in small amounts.



A Varied Diet

-In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for us. -You should know that within each group – some foods have different benefits (e.g fish has less fat than red meat).

- You should be able to design your own plate – think about foods that go well together, and promote a

balanced diet.



-Remove any jewellery and tie back long hair. Ideally, wear a hair net.

-Wear an apron and roll up your sleeves. Tie your apron securely.

-Wash your hands with hot water and antibacterial soap, for at least 20 seconds.



You should know that food source is the place where a food comes from, and that food comes

You should also know that in order for us to get food, we need to grow it, make it or catch it.

In order for us to get pork, we need to raise pigs. Pork is the meat that we get from pigs. In order for us to get eggs, we need to raise chickens. Egss are laid by female chickens. In order for us to get cucumbers, we need to grow a cucumber plant. Cucumbers grow on

In order for us to get tuna, we need to <u>catch</u> the tuna-fish. Tuna is the fish that we get





This is covered and left for 1 hour. This is called growing, in this time the yeast makes the

Key Vocabulary

Food Group

Balanced Diet

Healthy Plate

Slicing

Measuring

Grating

Serving

Boiling

Frying

Import

Export

Traditional Dish

Health and Safety

he World	
, whilst can be the ods. . When	 Many places have their own traditional dishes. In the UK, traditional dishes includes fish and chips and the Sunday roast. In Mexico, traditional dishes include burritos, tacos, fajitas and guacamole.
	What other traditional dishes do you know?
and che	ne dates on food, Make sure that you ck for allergies & clean up properly vegetarian, vegan. after yourself.