



healthy



unhealthy



balanced diet



fruit



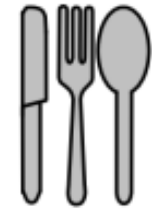
vegetables



nutrients



Design Technology: Food



utensils



skewer



knife



fruit salad



water



design






wash hands



safety

Y1 D&T - Food: Y1 Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures	Exciting Books/Websites
food	Food is something nutritious that we eat.	 <p>The top image is the Eatwell Guide, a circular diagram showing the proportions of different food groups: vegetables and fruits (green), starchy carbohydrates (yellow), proteins (red), dairy and alternatives (blue), and fats, oils, and sugars (purple). The bottom image is a handwashing poster with five steps: Wet, Get Soap, Scrub, Rinse, and Dry.</p>	 <p>The left image is the cover of the book 'Take Care of Yourself Eating Well' showing a child eating watermelon. The right image is the cover of 'Oliver's Vegetables' showing a boy with a carrot.</p>
diet	Our diet is what food we eat.		Other information https://www.bbc.co.uk/bitesize/articles/z239r2p  <p>The illustration shows a healthy meal with a plate of chicken, vegetables, and fruit, a glass of milk, and a small dessert.</p>
balanced diet	A balanced diet contains the correct amount of all food groups. The food groups are: fruit and vegetables, starchy foods, dairy, proteins, fats and sugar.		
healthy foods	Food that helps to maintain or improve a person's overall health and wellbeing.		
unhealthy foods	Food that doesn't have many of the nutrients your body needs but does have a lot of fat, sugar and salt.		
utensils	A tool you can hold in your hand and use around the house or kitchen like knives, forks, and spoons.	What I've learnt already	Key Knowledge
fruit	The part of the plant which has the seeds inside. It can often be eaten.	EYFS: <ul style="list-style-type: none"> I am starting to understanding the importance of healthy food choices. I made pan con tomate on Hispanic day. I have discussed the importance of healthy eating and drinking. 	<ul style="list-style-type: none"> I know it is important to wash my hands before preparing food and fruit before eating it. I know how to use simple utensils safely to prepare food. I know that fruit is an essential part of a balanced diet and 5 portions of fruit and vegetables are recommended per day I know fruit and vegetables can be farmed or grown at home. I know how to design and make a healthy snack.
vegetables	Vegetables are parts of plants (roots, leaves or stems) that are eaten by humans as food.		
safety	Anything that we do stop ourselves or others from getting hurt.		