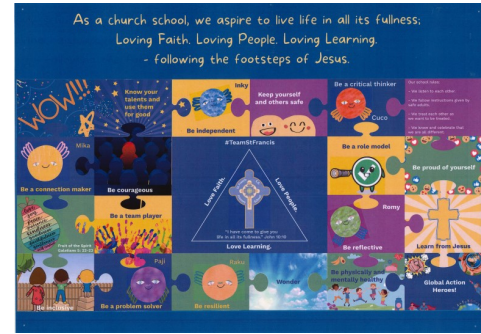




Knowledge Organiser

Year 2— Cooking

Can vegetables be sweet?



Vocabulary	
Cook	To prepare for eating using heat.
Food	Anything that contains nutrients and is eaten by living creatures in order to maintain life, health and growth
Method	A way of doing something.
Instructions	The act of giving knowledge.
Ingredients	One of the parts of a mixture
Nutrition	The act of process of eating and using the nutrients in food for living and growing
Healthy	Being free of sickness
Diet	The food and drink usually eaten and drunk by person or animal.
Prepare	To make ready
Dishes	A container for serving or holding food, such as a plate or bowl.

What should I already know?

EYFS – fruit salad

Year 1 – vegetable kebab

What will I know by the end of the unit?

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Notable Inventor—Jamie Oliver

Jamie Oliver is an English chef and cookbook author. He is known for his casual approach to cuisine, which has led him to front numerous television shows and open many restaurants.

