

Design Technology Year 2 Summer: Sensational Salads

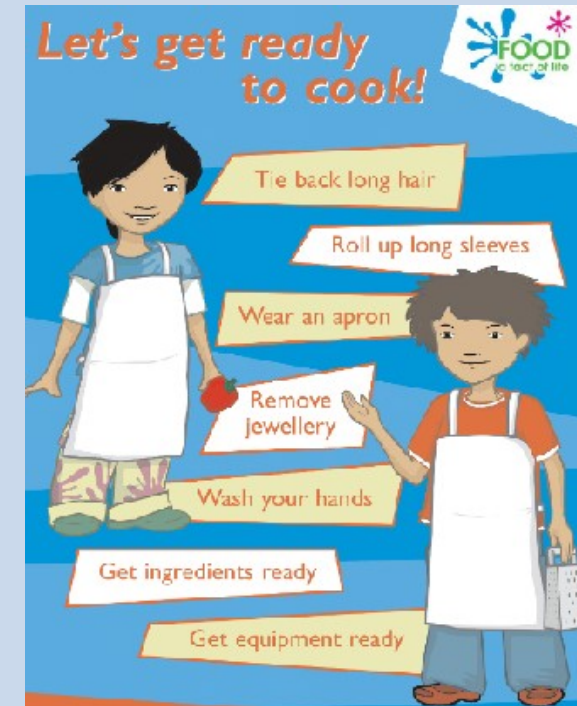
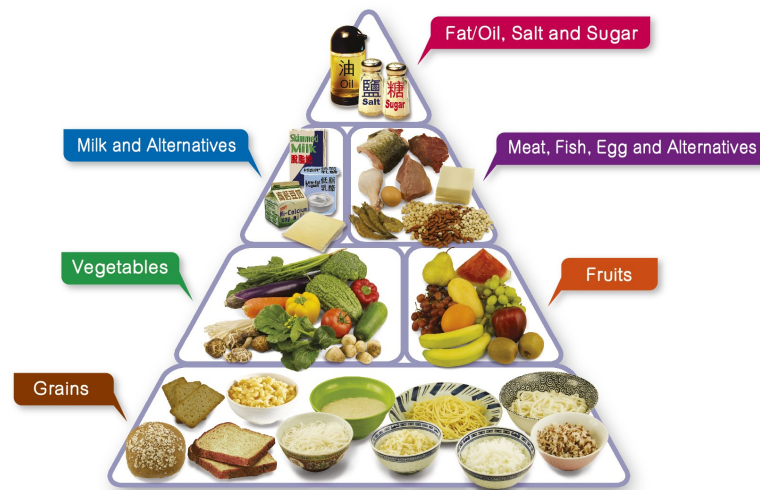


Salads are an easy and delicious way to get many of the vitamins and minerals that your body needs in order to stay healthy. They are pretty easy to make as well—make them as simple as you want!

Key Knowledge to know and use

A healthy diet helps humans to stay well physically and mentally. We need a small amount of some foods and a larger amount of others to maintain a healthy, balanced diet. The food pyramid helps us to know this.

Food comes from different parts of the world. Some food comes from plants, and some from animals. Food which comes from plants grows in different ways, it can even grown underground.



Key Vocabulary to learn and use in your learning

Word	Definition
grate	To turn food into small slices by rubbing it on a metal utensil with holes in called a grater
hygiene	Things you need to do to stay healthy and prevent disease.
prepare	To get food and utensils ready for cooking.
root vegetable	The root of a plant that people can eat. These vegetables grow underground.
seafood	Things you can eat from the sea.