

# Year 2 - Autumn – How can I safely cut and prepare food?

## What I need to know by the end of this unit:

- The 'Eatwell' plate shows us how to eat a healthy, balanced diet, what kinds of foods our bodies need and how much of each food we should eat.
- Vegetables are an important part of a healthy diet.
- Food can be grown, reared or caught.
- Food must be prepared safely.
- Food must be prepared hygienically.



claw grip



## Key Vocabulary – Top 5!

- **technique** – a way of doing something.
- **prepare** – to get ready for something.
- **texture** – the way a surface looks or feels, both visually and to the touch.
- **nutrition** – the food and drink that your body needs to grow, stay strong and have energy.
- **appearance** – how something looks.



bridge hold