

DESIGN &amp; TECHNOLOGY · Y1-Y6

# Cooking & Nutrition

Knowledge Organiser — KS1 to KS2 D&amp;T

## Key vocabulary

1

**Nutrition**

What's in our food and how it helps our bodies.

2

**Balanced diet**

Eating the right amounts from each food group, every day.

3

**Carbohydrates**

Foods like bread, pasta, rice — give us energy.

4

**Protein**

Foods like meat, fish, beans, eggs — help us grow and repair.

5

**Dairy**

Milk, cheese, yoghurt — strong bones and teeth.

6

**Vitamins & minerals**

Found in fruit and vegetables — keep our bodies working well.

7

**Fats**

Found in oils, butter, nuts — energy AND keeps cells healthy. Some fats are healthier than others.

8

**Hygiene**

Keeping things clean to stop germs spreading. ALWAYS wash hands before cooking.



9

**Seasonal**

Foods grown at certain times of year. Strawberries in summer, parsnips in winter.

10

**Locally sourced**

Food grown or made nearby — fewer food miles.

## Eatwell Guide

How to balance your plate

- 1/3 FRUIT & VEGETABLES — at least 5 a day, different colours
- 1/3 STARCHY CARBOHYDRATES — bread, pasta, rice, potatoes (wholegrain when you can)
- Smaller portion PROTEIN — meat, fish, eggs, beans, lentils
- Smaller portion DAIRY or alternatives — milk, yoghurt, cheese, soy milk
- Small amount of OIL & SPREADS — choose unsaturated where possible
- DRINK plenty of water — 6-8 glasses a day
- Foods high in salt, sugar and fat — only sometimes, and small amounts

## Food hygiene rules

Stop germs spreading

- WASH HANDS with soap and warm water for 20 seconds before cooking
- TIE BACK long hair
- WEAR an apron to protect clothes
- WASH fruit and vegetables before eating
- Use DIFFERENT chopping boards for raw meat and vegetables
- WASH UP as you go
- CLEAN surfaces after cooking



- Cooked food + 2-hour rule: don't leave hot food sitting out
- Check 'use-by' dates

## Where does food come from?

From farm to fork

- Most food is grown on FARMS — vegetables in fields, grains in wide fields, fruit in orchards.
- DAIRY comes from cows, goats and sheep — they need to be fed and milked daily.
- MEAT comes from animals raised on farms — some intensively, some free-range.
- FISH comes from rivers, lakes and the sea — some farmed, some wild-caught.
- Food travels FOOD MILES from where it's grown to your plate. Local food = fewer miles.
- PROCESSING: many foods go through factories before reaching shops (flour into bread, milk into cheese).
- TRACEABILITY: you can usually find where your food came from on the packet.

## Basic kitchen skills

Things you can learn at primary school

- MEASURING: use scales for weight, jugs for liquid, spoons for small amounts.
- MIXING: stirring with a spoon, whisking, folding (gentle stirring).
- CUTTING: 'bridge' grip (fingers like a bridge over the food) and 'claw' grip — always use a chopping board.
- GRATING: keep fingers away from the holes!
- RUBBING IN: rubbing fat into flour with fingertips for crumbles and pastry.
- ROLLING: rolling out dough between rolling pin and surface.
- FOLLOWING A RECIPE: read it all FIRST, gather ingredients, then start.
- Always check with an adult before using sharp knives, ovens or hobs.



