

Year 5 Healthy Me Knowledge Organiser

By the end of this project you will:

- ✓ Learn how to be safe in the DT food and Nutrition room
- ✓ Discover what an 'eat well plate' is
- ✓ Know how to be healthy in the choices we make
- ✓ Develop food preparation skills
- ✓ Understand the variety of different equipment in Food and know how to use it safely



Practical skills you will use:

- ✓ Discover the claw, bridge and peel techniques
- ✓ Learn how to create a fruit smoothie and sandwich, using a variety of ingredients
- ✓ Taste a variety of different breads
- ✓ Use the tools and equipment safely and effectively
- ✓ Follow the food hygiene instructions and apply them to your



Smoothie, sandwich, bread

Key Vocabulary



Eat Well Plate	The Eatwell guide shows what kind of foods you should eat, to have a healthy balanced diet and more sustainable food
Cross-contamination	Cross-contamination is what happens when bacteria are unintentionally transferred from one object to another
Hygiene	Good food hygiene is essential to make sure that the food you serve is safe to eat
Mixing	Refers to the process of combining two or more ingredients
Melting	The purpose of melting is to change slowly a solid to liquid
Weighing	In recipes quantities of ingredients are weighed by volume, count, or by measuring spoons
Evaluation	To write about what went well and what can be improved
Ingredients	A food that is used with other foods, in preparation of a particular dish