

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:

- ✓ Learn the **bridge** and **claw** techniques for cutting safely.
- ✓ Learn how to **blend** fruit to make a smoothie.
- ✓ Make a healthy sandwich using knowledge from the **eat well plate**, thinking about the balance of **proteins, fats, carbohydrates** and **minerals**.
- ✓ Learn how to wash up.
- ✓ Learn how to **evaluate** something you have made.



Smoothie & sandwich

Key Vocabulary

Blend	Change solid food to a liquid by micro chopping at high speed.
Claw	Tuck your fingertips under to grip and cut on the opposite side.
Bridge	Grip the food either side with your fingers and thumb forming a bridge and place the knife in between to cut safely, away from your fingers.
Eat Well Plate	A guide to show the foods you should eat to have a healthy diet.
Protein	Fish, meat, eggs and pulses all contain protein.
Fat	Dairy products, oils and spreads contain fat.
Carbohydrate	Potatoes, bread, rice and pasta contain carbohydrates.
Mineral	Fruit and vegetables contain minerals and vitamins.
Evaluate	Write about what went well and what can be improved.

