

# Emscote Infant School Knowledge Organiser Year 2 DT



## Autumn Term Sensational Salads

### Key Vocabulary

#### Food & Ingredients

- **Salad** – a cold dish made from a mix of foods
- **Ingredient** – thing you use to make the salad
- **Fresh** – newly picked or prepared food
- **Texture** – how food feels when you eat it (smooth, crunchy)
- **Taste** – how food flavour feels (sweet, savoury)

#### Preparation & Tools

- **Prepare** – get food ready to eat (wash, cut, mix)
- **Wash** – cleaning food and hands before preparing
- **Cut / Chop** – making pieces smaller safely
- **Mix** – putting ingredients together

#### Healthy Eating

- **Healthy** – good for your body
- **Balanced diet** – eating different foods to stay well
- **Food groups** – categories of food that help health

#### Design & Evaluate

- **Design** – plan how your salad will look and what it will include
- **Evaluate** – think about what worked and what could be better
- **Improve** – make changes to make it better

**Key Knowledge**

- ✓ What salads are (Greek, rice, fruit, etc.)
- ✓ Ingredients used in salads (veg, fruits, grains, proteins)
- ✓ Food preparation steps
- ✓ Balanced diet & healthy meals
- ✓ How to evaluate our salad & where foods come from (farm, plant)

**Design** → **Prepare & Wash** → **Taste**

**Salad cheese**

**Salad proteins**

**Food & Ingredients**

**Salad**  
A cold dish made from a mix of foods

**Ingredient**  
Things to make your salad

**Fresh**  
Newly picked or prepared food

**Texture**  
How food feels when you eat it

**Preparation & Tools**

**Prepare**  
Get food ready to eat

**Wash**  
Cleaning food and hands

**Cut / Chop**  
Making pieces smaller safely

**Design & Evaluate**

**Design**  
Plan your salad

**Evaluate**  
Think about what worked and what could be better

**Improve**  
Choose your changes for next time?

**Safety Reminder:**

- ✓ Always wash hands before you start
- ✓ Keep your table clean

What Ingredients will you choose?

How will you make sure your food is safe and healthy?

Which textures and tastes do you like best?

What would you change for next time?