

# KS1 Into The Forest Knowledge Organiser

## Term 2

### National Curriculum Objectives:

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from

### Christmas Craft:

- select from and use a range of tools and equipment to perform practical tasks - sewing needles and thread for joining
- explore and evaluate a range of existing products.



### Key vocabulary

Word	Meaning
Health	Ensuring you are free from illness and disease
Diet	The food and drink a human or animal usually eats and drinks.
Join	To come, bring or fasten together.
Product	Something made by a human or mechanical process.
Needle and thread	Needle - a thin, sharp tool used for sewing. Thread - a long, thin material used to join materials together.

### Sticky Knowledge:

A healthy, well-balanced diet means eating food from a variety of food groups to get the energy and nutrients that your body needs.

The 5 food groups are: vegetables and fruits, carbohydrates, proteins, dairy, oils and spreads.

### Christmas Craft:

A product is something made by humans or machines for a purpose.

You can join materials together by using a needle and thread. This is called sewing.