

# KS1 Under the sea DT Knowledge Organiser

## Term 5 and 6

### National Curriculum Objectives:

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



### Key vocabulary

Word	Meaning
Varied diet	Ensuring you eat foods from across all food groups.
Ingredients	Foods or substances that are combined to make a dish.
Weigh	To find out how heavy something is.
Peel	Remove the outer skin.
Cut	To divide into pieces.
Grate	To turn food into small shreds.

### Sticky Knowledge / Golden Thread (hierarchy):

Food comes from a variety of different places. Food is grown and farmed in different countries.

Some foods can be eaten raw (like fruit and vegetables) but some must be cooked (like meat and potatoes).

We use equipment like scales, knives and spoons to help prepare dishes.