

Knowledge Organiser – Year 1 – Spring 2 Topic: Design and Technology
Bring on Breakfast- Primary Food Project



What should I already know?

- We must eat a balanced diet to stay healthy.
- Plants need sunlight and water to grow.
- Fruits and vegetables form part of a healthy diet.

Key Vocabulary

Vegetable	Any part of a plant that you can eat.
Fruit	The part of a plant that has the seeds in.
Ingredients	The foods needed to make a recipe.
Breakfast	The first meal of the day.
Dairy	Food and drinks made from milk.
Plant	A living thing that usually grows in the ground.
Animal	A living thing that needs food and water to survive.
Fromage	A French word that means cheese that can be used in sweet or savoury dishes.
Canned	A food or drink preserved in a sealed can.
Frozen	Food items that are put in the freezer to preserve them.
Dried	Moisture removed to preserve a food item.

Key Objectives I will learn

- sort a selection of food and drink items into their plant or animal origin.
- state what makes a healthy breakfast (i.e. food, drink and inclusion of a 5 A DAY item).
- perform simple food preparation skills to make a fruit kebab safely and hygienically (e.g. fork secure, bridge hold, peel).
- explain that dairy foods are made from milk which is usually from a dairy cow.
- plan a simple breakfast dish based on simple criteria.
- make a breakfast pot.
- evaluate their breakfast pot and suggest ways it could be modified or improved in the future.

