

Preston Primary School Knowledge Organiser

DT - Cooking and Nutrition: How can we make a healthy tasty drink?

Term: Spring 1

Unit 2 - Year 1 and 2

Duration: 6 weeks

What are we making?



We are going to be designing, making and evaluating our own smoothies.
A smoothie is a thick, cold drink made by blending foods until smooth.

Key Invention



Stephen Poplawski invented the blender in 1922.

Where does food come from?

Food comes from animals or plants.



Fruits have seeds inside them. They are the plant's flower.



Vegetables are the edible parts of the plant (roots, stem, leaves or flower). They have no seeds inside them.



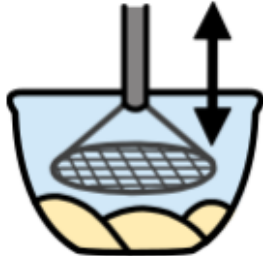
Dairy products come from animals because they have milk in them. Milk comes from animals.

Preparation Techniques












Bridge hold - a safe way to hold food when cutting.

We will explore tearing, masking, peeling and weighing ingredients to prepare them for our smoothies.



Key Vocabulary

Dairy Product		A dairy product comes from animals because one of the ingredients is milk. Cheese, yoghurt, milk are examples.
Fruit		A food that comes from a plant. It has seeds inside and is the plants flower.
Vegetable		A food that comes from a plant. It does not have seeds inside and can be any edible part of a plant (roots, stem, flower, leaves).
Preparation Techniques		The different ways that we get food ready to make our dish such as cutting, peeling, washing, mashing, blending.
Bridge Hold		The bridge hold is when you make a bridge with your hand over the food so your fingers stay safe while you cut.
Healthy		Healthy means good for your body and that it helps you grow strong.
Inventor		An inventor is somebody who creates something new like a tool or a machine.
Appearance		The way something looks.
Ingredients		The food or items that you use to make something. Like fruit and milk for a smoothie.