



## Topic: Healthy Eating

Design and Technology  
Cycle A  
Summer 1 Early Years

### New Vocabulary

Ingredients	Food we put together to make a meal.
Balanced Diet	Eating lots of different kinds of foods so our bodies can be healthy.
Clean	Somewhere with no dirt or mess.
Dirty	Covered or marked with dirt or mess.
Healthy	Being strong and well in your body.

### Helpful hints

We need to hold the food with one hand carefully whilst we slowly chop with the knife in the other hand. Make sure your fingers are nowhere near the knife when you are chopping!



**Did you know ...** by learning to use a knife correctly we are strengthening our muscles in our hands which will help us when we are writing?



### **Career links**

Learning these important skills will help you progress into careers like a chef. Chefs need to be able to cut lots of different types of foods up with speed and precision.



### New Knowledge

We use knives to cut food into slices.

Knives are sharp so we must be safe when using them to cut up food.

The foods we use in our cooking are called ingredients.

We need to eat lots of fruit and vegetables to keep our bodies fit and healthy.

To keep our bodies healthy, we need lots of different types of food to keep us fit, not just one thing. For example, by eating different types of fruits and vegetables.

We make and prepare our food in the kitchen. The kitchen needs to stay clean to stop any germs from spreading.

If the kitchen is dirty, it may get in our food and make us poorly.

