DT Knowledge Organiser – Super Smoothies   Year 2/3 SUMMER CYCLE 1

Key Vocabulary		Definition
1.	Product	Something made by means of either human work or that of a machine.
2.	Fresh/ Unprocessed	When food is eaten without anything added e.g. cuts of meat from a butchers shop, fruit from your garden.
3.	Processed	Food that has something added to it or has been made with chemicals e.g. microwave meals, fast food etc.
4	Home grown	Food that has been made in the U.K.
5.	Imported	Food that has been made in another country and transported into the UK.
6.	Taste	Flavours that can be detected in the food e.g. sweetness, spice, heat.
7.	Aroma	Smell of the food.
8.	Appearance	What food looks like.
9.	Edible	Food that is fit to eat e.g. not raw, not too salty etc.
10.	Inedible	Food that cannot be eaten e.g. tastes bad, raw meat etc.

Example Smoothie Recipes

Spinach, banana, grape and apple smoothie.

-4 handfuls of fresh spinach leaves
-2 bananas
-half a punnet of green grapes
-2 apples, cored and sliced into eighths

Carrot, Pineapple and Mango Smoothie

-8 baby carrots, topped and tailed
-half a pineapple in batons
-one mango prepared as fingers.

Fruit and vegetables can be grown. This means they have been planted by humans. When they are ready to be eaten, they are harvested (collected). Fruit and vegetables contain vitamins and minerals that help look after our bodies.

Preparation Methods

Peeling (removing the skin) | Chopping (into chunks) | Slicing (into slices) | Grating (shredding with a grater) | Blending (mixing together into a substance)

We will be using **equipment** such as: a **blender, chopping board, peeler** and a **knife.** It is important to be very careful and **follow adult instructions carefully.**

HEALTH AND SAFETY

Remove any jewellery and tie back long hair	Wear an apron and roll up your sleeves	Walk safely and calmly around the classroom	Keep your work area and floor area clean	Follow the teacher's cutting instructions	Washing your hands should be done before, during and after preparing food.

Finally, report all spillages and clean up properly after yourself, leaving the classroom tidy.