



**Year 2 Knowledge Organiser**  
**Cooking and Nutrition– A Balanced Diet**



**Key Knowledge – A Healthy and Varied Diet**

Food Groups

There are 5 main food groups. We should eat different foods from these food groups to have a balanced and varied diet.



- **Fruit and Vegetables** – apples, tomatoes and lettuce. They contain vitamins and minerals.
- **Proteins** – fish, eggs and meat. They help us to build muscle.
- **Fats**– oils, chocolate and crisps. Add fat storage for energy.
- **Dairy** – milk, butter and cheese. They contain calcium for strong bones.
- **Carbohydrates** - breads and pasta. They give us energy.

Varied Diet

In order to stay healthy, it is important that we eat a balanced diet. We should aim to eat 5 portions of fruit and veg per day.

**Key Knowledge – Sugar in Food and Drink**

Sugar

Sugar is found in plants. Some sugar in our diet is necessary, this means we need it to be healthy. In small amounts, sugar is probably fine. The problem is that most people eat more sugar than they should. Too much sugar can cause tooth decay or lead to weight gain and illness.



Sugary foods and drinks are often high in energy.

Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices and smoothies.

This is the type of sugar you should be cutting down on, rather than the sugar found in fruit and milk.

**Vocabulary**

Balanced diet	A diet that has lots of different types of foods.
Sugar	A sweetener that is added to food and drinks to make it taste nice. Too much sugar is bad for your diet and teeth.
Healthy food	Foods that are good for you that help you to grow and not become sick.
Food groups	Different types of foods that should be eating everyday to keep your body healthy. There are 5 food groups.
Senses	Parts of our bodies that help us understand what is going on around us. We have 5 senses.
Combination	Different objects or items put together to create something new.
Ingredients	Food that is put together and used to create something different. You will usually find a list of ingredients in a recipe.
Texture	Adding extra layers to make the structure stronger.
Instructions	Part of a recipe that tell you the steps you need to take to create something. They go in order.