 Knowledge Organiser

 Year 2 - Autumn Term A

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| **Vocabulary**  |
| **Alternative** | Changing an ingredient to something different, for example using Almond milk instead of cows milk. |
| **Diet** | A food or drink that an animal or person usually drinks  |
| **Evaluation** | When you look at the good and bad points of something, then think about how you could improve it |
| **Expensive** | Something that costs a lot of money |
| **Healthy** | When everything in your body and head feels good |
| **Nutrients** | Substances in food that all living things need to make energy, grow and develop. |
| **Packaging**  | The packet or container, which holds a produce safe, ready to be sold. |
| **Sugar** | An ingredient which is used to make the food taste sweet.  |

 **Design Technology– A Balanced Diet**



**Key Facts**