



## Endpoints for Design Technology

### Year 2 – Remarkable Recipes



#### What I know and can explain

Food comes from two main sources: animals and plants.

Plants also give us nuts, such as almonds, walnuts and hazelnuts

Tools have characteristics that make them suitable for specific purposes. For example, a knife is good for cutting food because it has a sharp metal edge

Hygiene rules include washing hands before handling food, cleaning surfaces, tying long hair back, storing food appropriately and wiping up spills

School kitchen staff are important people because they design and provide healthy meals

A healthy diet should include meat or fish, starchy foods (such as potatoes or rice), some dairy foods, a small amount of fat and plenty of fruit and vegetables

#### Useful Vocabulary

**Chop** – To cut into small pieces with a knife

**Edible** – Suitable, or safe, to eat

**Equipment** - The set of tools needed for a particular purpose

**Grate** – To shred using a grater

**Ingredients** - The foods that are necessary to prepare a specific dish

**Mash** – To crush and soften with a masher

**Pulses** - The edible seeds of some plants, such as peas, beans and lentils