

Knowledge Organiser - Healthy & Varied Diet (Design & Technology Year 3)

Key Vocabulary	Definition
Appearance	How the food looks.
Texture	How the food feels in the mouth.
Hygiene	The cleanliness of the conditions that food has been prepared in.
Seasonal Produce	Food that is more easily available at certain times of the year.
Processed Food	Ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.
Healthy and Varied Diet	A diet that contains a variety of different foods to provide the correct balance of food groups.
Sensory Evaluation	Evaluating food products in terms of their taste, smell, texture and appearance.
Preference Test	Trying different foods and deciding which you like best.



Dip and salad with grated cheese



Cutting using the bridge technique



Cutting using the claw technique



Grating cheese