

## Knowledge Organiser- DT- Year 2- Cooking and Nutrition- A Balanced Diet.

<b>balanced</b>	A healthy mixture of different kinds of food.
<b>diet</b>	The types of food someone eats.
<b>evaluate</b>	To study something carefully and decide if it is good or bad.
<b>menu</b>	A list of food and drinks that you can order.
<b>review</b>	To give an opinion about something.



### Skills



The five food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Oils and spreads



A balanced diet means eating lots of food from different food groups.

