

Knowledge Organiser: Year Two



TITLE: Muck, Mess and Mixtures.

Healthy Eating

Healthy eating is when we eat a varied and balanced diet to maintain our health and wellbeing.

We can choose foods from different groups such as fruit, vegetables, grains and meat. We must try to eat at least 5 portions of fruit and vegetables a day in order to help our body function correctly.

We can also keep healthy by exercising regularly, getting a good amount of sleep every night and by looking after our mental health.

What things do you do to help you keep happy, healthy and calm?

Talk about what you can do to stay healthy with your family.



Where does our food come from?

Our food comes from all over the world. It is shipped and flown to the UK so we can buy it ripe and ready to eat in our supermarkets.

What is your favourite food to eat?

Do you know what country it is made in?

Pizza originally comes from Italy.

Oranges originally comes from Spain.

Bananas originally comes from South America.

Chocolate originally comes from South America because it is made from a bean!
The bean is grown in a hot and humid place!

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Key Vocabulary

Sweet – a pleasant or delicious taste.

Sour – an unpleasant or sour taste.

Origin – where something is created or where something starts from.

Recipe – a set of instructions for creating a dish of food.

Ingredient – foods that are put together to make a new dish.

Spiral – a curved shape.

Pattern – a repeated design.

Sculpture – a solid piece of art made by carving or moulding.

Photograph – the making of a picture by using a camera.

Variety – a number of things that belong in the same group i.e. fruit.

Artists

Andy Goldsworthy

Andy Goldsworthy is a famous artist who was born Cheshire in England in 1956. He creates his artwork using a variety of materials found in our everyday environments i.e. leaves, stones and flowers.



Giuseppe Arcimboldo

Giuseppe Arcimboldo was an artist who was born in 1526. He used different types of fruit and vegetables to create portraits of people.



Carl Warner

Carl Warner is an artist who was born in Liverpool in 1963. He uses photography to create landscapes using different foods.

