

Year 2 Knowledge
Organiser –
Balanced Diet



Key Facts:



The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fats and sugar



Key vocabulary

Balanced- A healthy mixture of different kinds of food.

Diet- The types of food someone eats.

Evaluate- To study something carefully and decide if it is good or bad.

Feel- The way something seems when you touch it.

Grate- To break food such as cheese into small, thin pieces.

Menu- A list of food and drinks that you can order.

Review- To give an opinion about something.

Smell- Information we detect about something using our nose.

Snip- To make small cuts with scissors.

Spread- To cover something with soft food.

Taste- The flavour of a food.

Skills



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

