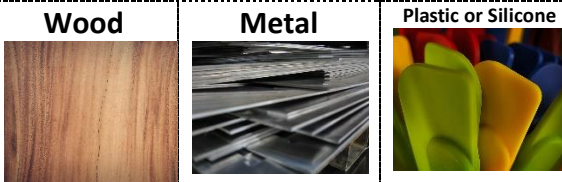
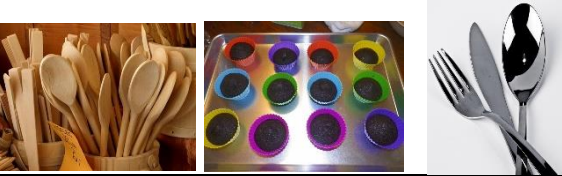


## What are kitchen utensils made from?



Wood, metal and silicone are used for kitchen utensils because they are strong. Wood and silicone stop heat from travelling to your hand



## Where do we keep food?

Some food is kept in the fridge. This is because it needs to stay cool to stop it from going bad. Some food is kept in the freezer. This food has to be kept very cold to keep it edible for longer.



Some food is kept in the kitchen cupboard. This could be tins, packets or dry food. It usually lasts a long time before it can't be eaten any more.



## Little Masterchefs – Year 2

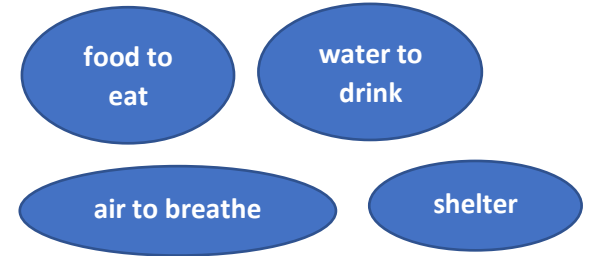
Key vocabulary	
<b>air</b>	the invisible mixture of different gases that are all around us.
<b>food</b>	the different things we eat every day to make our bodies work
<b>diet</b>	the variety of food that we eat
<b>balanced diet</b>	eating the right amounts of foods that we need
<b>healthy</b>	being well and physically able to do everything we want to do
<b>hygiene</b>	Keeping clean to prevent illnesses and the spread of disease.
<b>ingredients</b>	the different foods which are mixed together to make a recipe
<b>vegetables</b>	parts of a plant that people can eat
<b>water</b>	colourless liquid that we need to live

## Health and Safety – Cooking rules

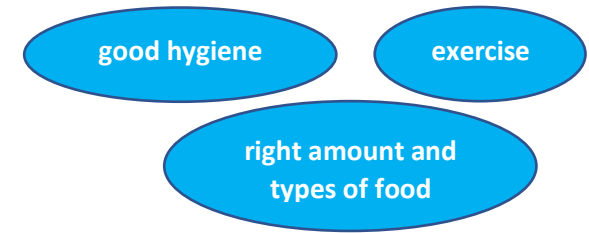
- Hair tied back
- Hands washed
- Don't use knives or ovens without an adult
- Cuts are covered with a plaster
- Use a tissue for coughs and sneezes – wash hands afterwards!



All animals including humans have these basic needs to survive:



To grow into healthy adults, animals including humans need:



## The Eatwell plate

This shows the different food groups that make up a healthy diet.

