



Food

Year Two Key Knowledge Organiser



Reduce

This means reducing waste by only using what you need.

Reuse

This means extending the life of something by finding a way to use it again without buying something completely new.

Recycle

Recycling is all about putting materials in a recycling bin so they can be processed and the precious materials that went into making them can be used to make other new useful things.

Did you know...?

- Plastic bottles make up a third of all the litter that's in the sea, causing pollution and harming animals
- In the UK, we use 13 billion plastic bottles each year but we only recycle 7.5 billion so we need to do more
- Every year, more than 5 billion plastic bottles are littered, or they end up in landfill or the incinerator
- Coca-Cola produces around 200,000 plastic bottles every minute which works out at around 500 billion globally



Key Vocabulary and Spellings

Protein - To help us grow

Carbohydrates - To give us energy

Fruits and Vegetables - These are good sources of vitamins and minerals.

Fats and sugars - To give us energy

Dairy foods - give us calcium and strengthen our bones

Water - To keep our body hydrated and working properly

Balanced - eating the right amount of different food

Recycling - taking materials ready to be thrown away and changing them into reusable materials

Vegetarian - a person who doesn't eat meat

Vegan - a person who doesn't eat anything that comes from animals, e.g. meat, milk, eggs etc.

