







Knowledge Organiser for Year 1 and 2

Topic: We Are What We Eat

Key Questions:																
<ul style="list-style-type: none"> Can you recognise the primary colours and use them to create the secondary colours? Can you talk about what it means to have a healthy diet? Can you identify where your food comes from? Can you identify the work of artist Guiseppe Arcimboldo? 																
Key facts:																
 <p>Primary and Secondary Colours</p>	<p>The three primary colours are red, yellow and blue. Secondary colours are made when two primary colours are mixed together. Secondary colours include green, purple and orange. Brown is made when a primary colour is mixed with a secondary colour. Alternatively it can be made by mixing together equal parts of the three primary colours. Tints can be created by adding white and tones by adding black.</p> <p><u>Secondary Colours:</u></p> <table style="margin-left: auto; margin-right: auto; text-align: center;"> <tr> <td style="color: red;">●</td> <td>+</td> <td style="color: yellow;">●</td> <td>=</td> <td style="color: orange;">●</td> </tr> <tr> <td style="color: yellow;">●</td> <td>+</td> <td style="color: blue;">●</td> <td>=</td> <td style="color: green;">●</td> </tr> <tr> <td style="color: blue;">●</td> <td>+</td> <td style="color: red;">●</td> <td>=</td> <td style="color: purple;">●</td> </tr> </table>	●	+	●	=	●	●	+	●	=	●	●	+	●	=	●
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 <p>Giuseppe Arcimboldo</p>	<p>Giuseppe Arcimboldo was an Italian artist during the 16th century. He is best known for creating imaginative portrait heads made entirely of objects such as fruit, vegetables, fish and flowers. Sculptures in his style are currently available to see at Harlow Carr Gardens in Harrogate.</p>															
 <p>Healthy Diet</p>	<p>We need to eat to provide energy for the body and building materials for growth and repair. A healthy diet includes a variety of foods that contain protein, fats, carbohydrates, dairy, fruits and vegetables. The balance of what we eat and making the right food choices is important for our future health. It is important that we try to consume 5 portions of fruit and vegetables each day as part of a balanced diet and that we try to drink the recommended 8 glasses of water a day to keep our bodies hydrated.</p>															
 <p>Where does our food come from?</p>	<p>A food source is the place where food comes from. Food can come from either plants or animals and processed foods may incorporate foods from both of these sources, for example milk chocolate.</p> <p>Food that is sold on our shelves has either been grown, raised or caught and the product may have changed significantly from its original source. For example fish has to be shaped, battered and then breaded before it is sold on our shelves as fish fingers!</p>															
Key Vocabulary																
<ul style="list-style-type: none"> Texture Edible Natural Malleable Food source 	<ul style="list-style-type: none"> Tint Tone Primary colour Secondary colour Diet Guiseppe Arcimboldo 															