

Health and safety

- Tie back long hair
- Remove jewellery
- Roll up sleeves
- Wash hands
- Cover cuts with a blue plaster
- Use tools and equipment which are appropriate for the task
- Be mindful of those around you who may have allergies

Key vocabulary

Allergy	When the body reacts to substances which are usually harmless. Symptoms can vary from mild to life-threatening
Carbohydrates	Give us energy
Design specification	A detailed document that sets out what a product should look like
Export	Goods that are sold to another country
Fat	Gives us energy. Some fats are healthier than others
Ingredients	Foods or substances combined together to make a dish
Innovation	The introduction of new methods, ideas or products
Intolerance	When the digestive system reacts to certain foods or drinks. This can make people feel unwell
Import	Goods that have come from another area or country
Nutrients	A substance that provides nourishment essential for life and growth
Protein	Helps us to build muscle
Rationing	Allowing individuals to have only a certain amount of an item
Seasonality	The time of year when a food is at its peak (in terms of harvest or flavour)
Scarcity	When something is in short supply
Source	The place from which something starts
Substitute	Replacing one Ingredient or substance with an alternative
Sugar	A substance added for sweetness
Vitamins and minerals	These are needed in small amounts to help your body use nutrients efficiently.

Weekly rations for an adult in WW2

+ 16 points per month on the points system

Modern British food map