

Key vocabulary

Appearance	How food looks to the eye
Balanced diet	Eating the right amount of different food groups
Carbohydrates	Give us energy
Dairy	Contains calcium which is important for our bones and teeth
Fruit and vegetables	Contain vitamins, minerals and fibre
Nutrition	The food we need to grow and be healthy
Protein	Helps us to build muscle
Sensory evaluation	Evaluating foods on their smell, taste, appearance and texture
Texture	How food feels in the mouth

Adjectives for taste

bland	spicy	salty
sour	sweet	bitter

Adjectives for texture

crunchy	crisp	soft
smooth	juicy	sticky

Adjectives for smell

fruity	fishy	garlicky
creamy	citrusy	pungent

Adjectives for appearance

colourful	dark	pale
greasy	moist	golden



Wraps



Pitta bread sandwich



Sandwich

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

Skills and techniques

Grating cheese



Spreading butter on bread



Cutting using the bridge technique



Cutting using the claw technique

Food Groups

There are five main food groups:

- Fruit and vegetables:** e.g. apples, tomatoes, lettuce. They contain vitamins and minerals.
- Carbohydrates:** e.g. starchy foods like bread and pasta. They give us lots of energy!
- Proteins:** e.g. beans, fish, eggs, meat. They help us to build muscle.
- Dairy:** e.g. milk, butter, cheese. They contain calcium for our bones.
- Fats and Sugars:** Add fat storage for energy.

