

What I should already know

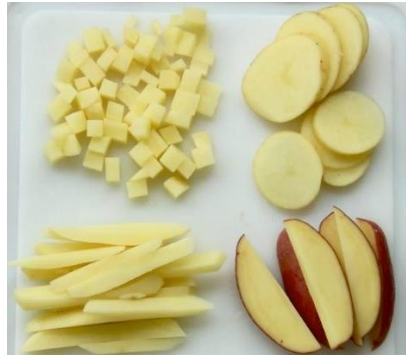
- The food groups: carbohydrates, dairy, meat & fish, fruit & vegetables, fats / oils and sweets
- What constitutes a healthy balanced diet
- Where and when certain fruit and vegetables grow
- The concept of basic food hygiene

Design, Make & Evaluate: Select and use a variety of tools and ingredients (predominately vegetables) to enable you to successfully make a delicious soup.

Peeling Carrots



Chopping Potatoes



Chopping Onions



Food Safety is in Your Hands

- Wash Your Hands**
- Before & after handling food
 - After handling soiled equipment / utensils
 - After using toilet
 - After coughing / sneezing / blowing nose / eating / smoking



Key Vocabulary

Nutrition	The process of providing or obtaining the food necessary for healthy and growth
Balanced Diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health
Savoury	A food or dish that is spicy or salty and not sweet in taste
Seasonality	The times of a year when a given food is at its peak either in terms of flavour or harvest
Ingredients	Food or substances that are combined to make a given dish
Recipe	A set of instructions for preparing a particular dish
Processed	Food that has been altered in some way during preparation
Food Hygiene	An essential aspect of food safety. It refers to the processes that directly involve food – including storage, preparation and cooking
Research	The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions.
Design	A plan or labelled diagram to show the appearance and ingredients of a particular dish.
Evaluate	To form an idea of the value of something

A healthy, balanced diet

