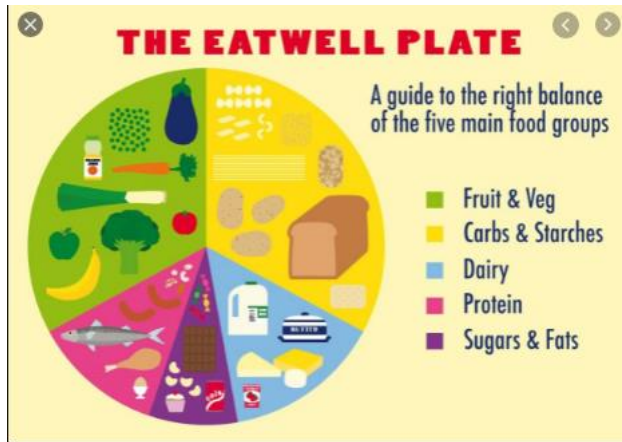


**What I should already know**

I should understand the need for a **balanced diet**. I should be aware of the **dangers** in the kitchen. I should understand the need for **washing hands** when handling food.

**Diagram**



**Key Vocabulary**

Balanced diet	Having a variety of foods in your diet in order to keep your body and weight healthy
Recipe	Instructions that tell you how to make a food item
Ingredients	The items that are used to create a recipe/bake
Equipment	The tools you use to make a recipe
Dangers	Things that could be dangerous in the kitchen. There are ways to keep safe
Good Hygiene	Doing all you can do not transfer germs and bacteria whilst baking
Evaluate	Thinking about the successes of your design, and what you could do better

