



Picnic Party— Food and Nutrition

Picnic food needs to be easily packed up and taken to a picnic location. It must include a mixture of sweet and **savoury**, healthy snacks.

Key Vocabulary

utensils	a small tool held in the hand to prepare food with
ingredients	the foods that are combined to create a dish
design criteria	a set of goals to follow when designing something
hygiene	keeping yourself and your surroundings clean
savoury	a food that is spicy or salty



Making Techniques

When you cook you must have good **hygiene**. You must wash your hands, sanitize all surfaces and wash the fruit and vegetables before you chop them.



It is important that you measure and weigh your **ingredients** to get the right amount.

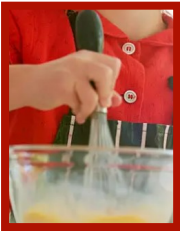


You will be able to use cutting techniques like chopping with a blunt knife.

You will be able to use **utensils** to use techniques like spreading, scooping, and whisking.



spreading



whisking



scooping

The Eat Well Plate

To produce a balanced picnic, we need to include all aspects of the eat well plate: carbohydrates, dairy or alternatives, protein, fats or sugary foods, fruit and vegetables. All of these foods come from plants and animals.