



Key Vocabulary

design criteria	a set of goals to follow when designing something
hygiene	keeping yourself and your surroundings clean
ingredients	the foods that are combined to create a dish
recipe	an instructional text used when cooking or baking
snack	a small food item that is made to take on a journey
technique	a skilful or effective way of doing something
utensils	a small tool held in the hand to prepare food with
savoury	a food that is spicy or salty
sweet	a food that tastes like sugar or honey

The Eat Well Plate

To provide balanced **snacks**, 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.



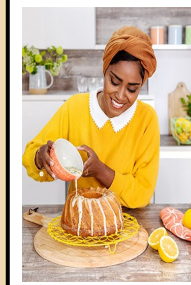
Food and Nutrition - Seaside Snacks

Scenario

Some parents are planning a trip to the seaside. They would like to bring some healthy and delicious **snacks** to share with their children without having to spend too much money.

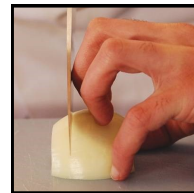


Nadiya Hussain



Nadiya Hussain is a famous baker who loves to create yummy cakes and treats with bright colors and fun designs. Nadiya also writes books and shares her **recipes** so everyone can try baking at home.

Food and Nutrition Techniques



cut



evenly slice



measure



combine



mix



whisk



scoop



spread