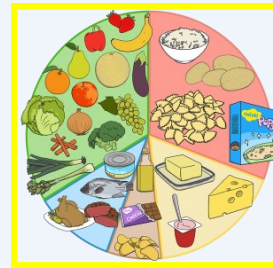




The Eat well plate

You will be able to name and sort foods into the five groups of **The Eat well plate**.



Fruit and Vegetables give us vitamins, minerals and fibre. We need these for our body to work properly.

Carbohydrates give us energy. We need this for great learning and fun break times!

Protein helps our body to build and repair muscles after we have been thinking hard in the classroom and running around on the playground.

Dairy and alternatives give us the mineral calcium. We need this to keep our bones strong.

Fats, oils and sugary food give us energy and keep our body working smoothly. We must try to eat these less often and only in small amounts though.

If you are able to design a marvellous morning meal prototype that has all 5 areas of **The Eat well plate** covered, you will know that your product will be a balanced meal.

Key Vocabulary

Word	Definition
utensils	small tools held in the hand to prepare food with
prototype	a first version of a product that can be evaluated before making the final product
kneading	squeezing dough with the hands to add strength into bread

Measuring: When you are cooking, you will measure with jugs and spoons and weigh ingredients with scales.



Making Techniques:

Before you make your breakfast, you will wash your hands, sanitize all surfaces and wash all of the fruit and vegetables before you chop them.



You will be able to use cutting techniques like cutting harder foods into strips and cubes, using a serrated knife.



You will be able to use utensils and your own hands to combine and mix ingredients.



You will be able to use techniques like kneading, folding, rubbing and whisking.

