



### Key Vocabulary

design criteria	the specific goals that a project must achieve in order to be successful
hygiene	working in a clean and therefore healthy way
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 Eatwell Plate

The food groups of the eatwell plate are:

- carbohydrates
- dairy or alternatives
- protein
- fruits and vegetables
- fats or sugary foods



### Animal or Plant?

Food can come from animals or plants.

#### Plant-Based



#### Animal-Based



### Mary Berry

Mary Berry is a famous British cook, author and television presenter. She has written over 75 cookbooks and has a real passion for baking. Her nickname is Mary, Queen of Cakes.

### Techniques



cut



slice



measure



combine



mix



whisk



scoop



spread