Burwell Village College Primary

Food and Nutrition – Marvellous Mornings

Vocabulary	
ingredients	the foods used to make up a recipe
recipe	an instructional text used when cooking or baking
savoury	a food that is spicy or salty
sweet	a food that tastes like sugar or honey
hygiene	keeping clean to stay healthy especially when preparing food
nutrition	how food helps your body grow, stay healthy and have energy
evaluate	to look at a product and think about what is good and what could be better
prototype	a working model of a product used to test and evaluate

Techniques


weigh


measure


mixing


rubbing


chopping


kneading


whisking


spreading

Key Designer (Chef): Marcus Wareing



- He is a famous British chef, restaurant owner and cookbook author.
- He supports **Magic Breakfast** which is a charity that provides healthy breakfasts for children.
- He believes that eating breakfast can help children fuel their brains, learn and concentrate at school.

The Eatwell Plate

The food groups of the Eatwell plate are:

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



Where does our food come from?

All of our food comes from three places: it has to be farmed; grown elsewhere or caught.







