Burwell Village College Primary

Food and Nutrition - Seaside Snacks

Vocabulary	
ingredients	the foods that are combined to create a dish
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 yourself and your surroundings clean

Nadiya Hussain is a famous baker who loves to create yummy cakes and treats with bright colours and fun designs.



Techniques


cut


slice


measure


combine


mix


whisk


scoop


spread

Animal or Plant?

Food either comes from an animal or a plant.


plant based


animal based

Hygiene Procedures:

- Always wash your hands before and after.
- Make sure to clean any spillages.
- Make sure to clean surfaces and utensils.



The Eatwell Plate

The food groups of the eatwell plate are:

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

