



The 'eatwell guide' produced by the NHS.



	<u>Key Vocabulary</u>
Cross-contamination	Cross-contamination is how bacteria can spread.
Farm	Land or water used to produce crops or raise animals for food.
Packaging	A packet which holds a product safe, ready to be sold and has information about the product.
Research	The collecting of information
Welfare	Health and happiness of an animal or human.

<u>Knowledge</u>	
	<p>Where does meat come from?</p> <ul style="list-style-type: none"> Beef comes from cattle. The food process journey of minced beef begins on farm, goes through a factory and ends up on plates. Cattle need to be reared properly to ensure good standards of animal welfare.
	<p>Eat well plates and food labels</p> <ul style="list-style-type: none"> We can use the NHS 'eatwell guide' to see how much of each food group (dairy, fruits and vegetables, protein, carbohydrates, fats and sugar) we need to eat to ensure a healthy, balanced diet.
	<p>Improving and adapting recipes</p> <ul style="list-style-type: none"> Many foods have labels which tell you the amount of nutrients it has. Products need to have a mixture of different ingredients with different nutrients to ensure they are healthy.
	<p>Cutting and Dicing</p> <ul style="list-style-type: none"> The bridge and claw cut ensure safe slicing skills. Dicing is used to cut products into smaller chunks, allowing for a different texture.
	<p>Cooking</p> <ul style="list-style-type: none"> It is important to know how to avoid cross-contamination to keep the kitchen preparing and cooking different foods.
	<p>Evaluating</p> <ul style="list-style-type: none"> We can evaluate food through its taste, texture, smell and look. This is usually the job of food tasters or critics.

Food labels following the traffic light system.

