

Knowledge Organiser: A Healthy Lunch



Key Vocabulary

Eatwell Guide- A model that shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet

Ingredients- Foods that are combined to make a dish

Recipe- A list of ingredients and instructions for making a food dish

Composite Food - Foods that contain ingredients from different food groups

Seasonal Food - Food that is ripe and ready in a particular season

Evaluate- To work out how good something is

Research- To find information out about something

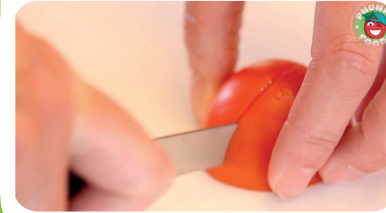
Couscous makes a great lunch:

- It is made from semolina wheat and belongs in the carbohydrate group of the Eatwell Guide.
- To cook couscous, just add boiling water and wait for it to be absorbed.
- All sorts of ingredients can be added to couscous- fruit and vegetables, cooked meat, egg, flavourings such as spices.



The safe ways to cut:

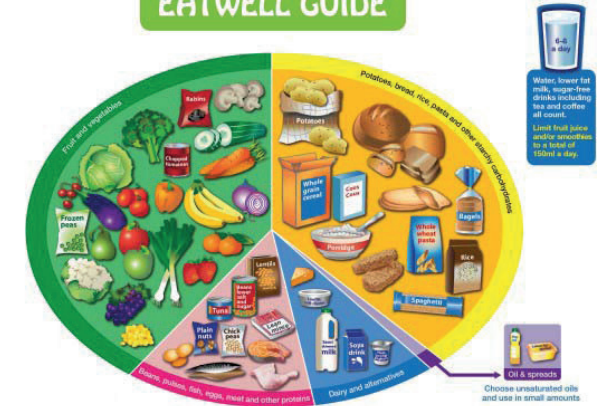
The Bridge hold



The Claw Grip



EATWELL GUIDE



Don't forget our kitchen hygiene rules:

	tie back our hair.		wash hands thoroughly with hot, soapy water.
	roll up our sleeves.		wear an apron.
	remove any jewellery.		not cough or sneeze over food.
	cover open cuts with a brightly coloured plaster.		

Key Points:

- Choosing foods that are in season and can be grown locally, are a great choice for our bodies and the environment. They have finished growing and are ready to eat, so they should taste their best!
- Many of the dishes we eat for lunch are 'composite dishes' because they are dishes made from foods from more than one food group. For example a sandwich could contain:
 - Bread (carbohydrates)
 - Margarine (oils and spreads)
 - Ham (protein)
 - Cheese (dairy)
 - Tomatoes (fruit and vegetables)

A healthy lunch should contain:

- 1 portion of carbohydrate
- 2 portions of fruit and vegetables
- 1 portion of dairy or alternatives
- 1 portion of protein
- A healthy drink e.g. water, milk or 150ml of unsweetened fruit juice.

What does 'design criteria' mean?

- Goals that need to be met for a project to be successful.
- When designing a dish, think about who is going to eat it, which foods they like and dislike, any intolerances and allergies and any beliefs that may affect their choices. Also think about the availability and price of the ingredients and the cooking facilities.