

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

Flavour- The taste of food or drink

Texture- How something feels or looks

Equipment- Tools used for a particular purpose

Portion- A helping a food served to one person

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

Evaluate- To work out how good something is

Remember

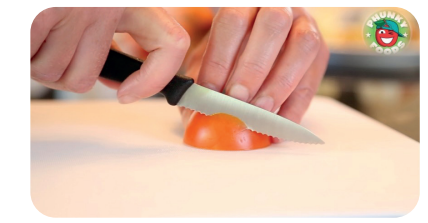
- Wholegrain cereals and breads contain more fibre and vitamins and help to keep us fuller for longer.
- Some breakfast foods come from plants and some come from animals. Can you remember which?
- Not everyone can eat all foods as some people have allergies and intolerances: their bodies react to certain foods and can make them poorly.

The safe ways to cut:

The Bridge hold



The Claw Grip



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.		

Why is porridge a great breakfast to choose?

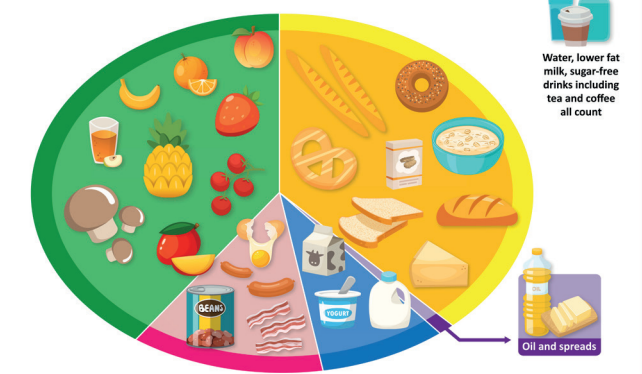
- It contains oats which are a wholegrain and fit in the Eatwell carbohydrate group. These give us lots of energy.
- It contains milk from the dairy group, so is good for our bones and teeth.
- Adding fruit makes porridge taste even better and helps us eat our 5 a day.

Remember: After you have made a dish and you or your friend has eaten it, ask for feedback!

Did it taste nice? Did it look good? Would you eat it again? This helps us to make our food better next time.



BREAKFAST FOODS IN THE EATWELL GUIDE



Why should we eat breakfast?

- To give us energy to work, play and grow!
- If we don't eat breakfast we can feel hungry, tired and grumpy and can't concentrate so well.

A guide to a healthy breakfast:

- Eat breakfast every day!
- Choose a carbohydrate and then add some fruit or vegetables. Include some dairy and maybe some protein if you have some extra time.