

Cooking and nutrition - A balanced diet

Key facts

The five different food groups are:

1. Carbohydrates.
2. Fruits and vegetables.
3. Protein.
4. Dairy.
5. Oils and spreads.



A balanced diet means eating lots of foods from different food groups.



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cut	To split something into parts using a sharp tool.
design	To make, draw or write a plan for something.
design brief	A sentence that says what will be made and who it is for.
evaluate	To look at what is good or bad about something and think about how to make it better.
fruit	A sweet or sour part of a plant that often contains seeds and can be eaten as food.
grate	To break food such as cheese into small, thin pieces.
ingredient	A food item needed to make a dish.
smell	Information about something that is detected through the nose.
snip	To make small cuts using a pair of scissors.
spread	To cover something with soft food.
taste	The flavour of a food item or dish.
vegetable	A part of a plant that is eaten as food.

Skills



cutting



grating



spreading



snipping



taste testing