


Year 4: Food and Nutrition
Is cheap food always worse for you?





Core content


Learn how to make healthy food from low-cost ingredients.
Consider how cheap processed foods will affect health in later life.


Technical vocabulary:

Cheap – to cost little money or to cost less than expected. 

Fusion – cooking that is a mixture of different styles. 

Texture – the way a surface, substance or piece of cloth feels when you touch it. 

Shallow-fry – to cook in a small amount of oil or fat. 

Shortening – butter, lard or fat used to make pastry or shortbread, resulting in a crumbly texture. 

Fragrant – to have a pleasant or sweet smell. 

Connections



rubbing in



rolling and shaping



slicing

Year 4

Spring 1

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