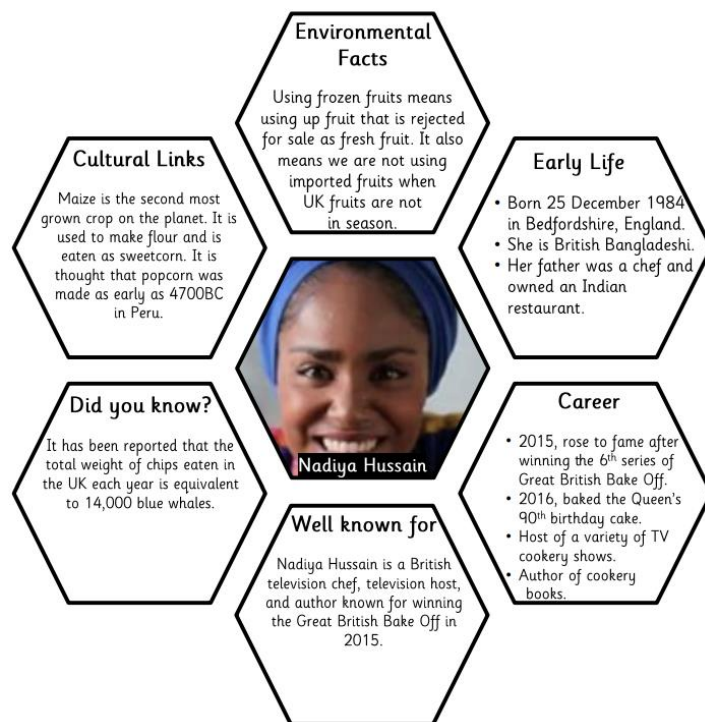


Year 3

Autumn 2

Food and Nutrition



Year 3: Food and Nutrition

What do we mean by a balanced diet?



Core content:

Learn what a balanced diet is.
Make three products that are often bought pre-made or highly processed.

Technical vocabulary:

Seasonal – fruit and vegetables that are ripe and ready in a particular season. They will no longer grow when the weather changes.



Balance – when different things exist in equal, correct or good amounts.



Preserve – to prevent something, especially food, from decaying.



Stew – to cook slowly in liquid.



Pressure – the force or weight with which something presses against something else.



Seasoning – salt, herbs or spices added to food to enhance its flavour.



Techniques:



stewing



seasoning



slicing