

Year 2: Food and Nutrition
How healthy is your food?



Core content:

Learn how foods that are pre-made and processed are often less healthy.
Practise skills to make food that will help improve energy, mood and future health.

Technical vocabulary:

Ingredients – any of the foods or substances that are combined to make a particular dish.



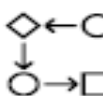
Fibre – the part of food that cannot be broken down by the body and which helps digestion.



Protein – a nutrient found in food such as meat, milk, eggs and beans.



Processed – to treat raw food in order to change it or preserve it.



Vitamins – a group of natural substances in food that are necessary for the growth and good health of the body.



Starch – a white carbohydrate food substance found in potatoes and grain.



Techniques:



grating



claw



bridge