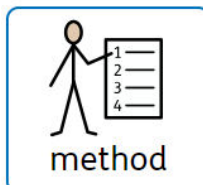




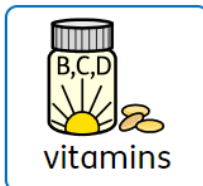
Jam jar salad



A component (part) of a mixture in cooking.



Steps in an order of the way they should be done.



A group of natural substances in food that are necessary for growth and good health



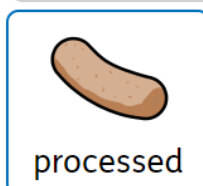
A nutrient found in foods like meat, milk, eggs and beans.



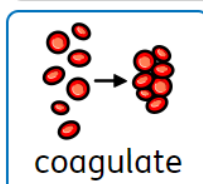
Made from whole grains of wheat, including the husk or outer layer



Food that comes from animals who have access to outdoor spaces.

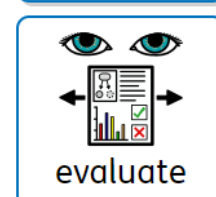
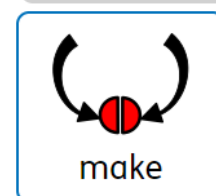


To process food means to treat raw food in order to change it or preserve it.



If a liquid coagulates, it becomes thick or partly solid.

Techniques:



Year 2: Food and Nutrition

What does healthy mean?



Core content:

Learn what healthy means.
Learn that eating a variety of vegetables provides the body with the nutrients it needs.
Make products that use a range of vegetables and minimally processed foods.

Technical vocabulary:

Free-range – food that comes from animals who have access to the outdoors.



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



Coagulate – to become thick or partly solid.



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



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



Wholemeal – made from whole grains of wheat, including the husk or outer layer.



Techniques:



claw



ribboning



bridge

KNOW-it

Define

Tick true or false.

Free-range food is food you do not have to pay for.

true

false

Tick the correct explanation of *protein*.

- ☐ a man-made substance
- ☐ a nutrient found in milk and eggs
- ☐ a nutrient found mainly in vegetables

USE-it

Use in context

Tick the box if the phrase *free-range* has been used correctly in this sentence.

It was sad to see the free-range hens shut away in sheds 24 hours a day.

☐

Use the word *protein* in a sentence.

KNOW-it		Define 
Tick true or false. Free-range food is food you do not have to pay for.		
true false		
Tick the correct explanation of <i>protein</i> .		
☐ a man-made substance ☐ a nutrient found in milk and eggs ☐ a nutrient found mainly in vegetables		
USE-it		Use in context 
Tick the box if the phrase <i>free-range</i> has been used correctly in this sentence. It was sad to see the free-range hens shut away in sheds 24 hours a day.		
☐		
Use the word <i>protein</i> in a sentence.		

KNOW-it		Define 
Tick true or false. Free-range food is food you do not have to pay for.		
true false		
Tick the correct explanation of <i>protein</i> .		
☐ a man-made substance ☐ a nutrient found in milk and eggs ☐ a nutrient found mainly in vegetables		
USE-it		Use in context 
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☐		
Use the word <i>protein</i> in a sentence.		

KNOW-it		Define 
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true false		
Tick the correct explanation of <i>protein</i> .		
☐ a man-made substance ☐ a nutrient found in milk and eggs ☐ a nutrient found mainly in vegetables		
Use the word <i>protein</i> in a sentence.		