

What I already know:

- Use the basic principles of a healthy and varied diet to prepare dishes.
- Understand where food comes from.

What I will know:

- I will understand what 'hidden sugars' are.
- I will know where to find the nutritional information on drinks.
- I will know that there are five food groups and roughly how much of each food group I should eat each day.
- I will be able to talk about how we experience food through touch and smell and consider and review food combinations.
- I will understand how to safely prepare food.
- I will know how to make a healthy wrap.

Vocabulary

Alternative—Changing an ingredient to something different. For example using diet coke instead of full sugar coke or eating fruit instead of crisps.

Diet—The food and drink that a person or animal usually eats.

Balanced diet—Eating a variety of foods from all five different food groups.

Expensive—Something that costs a lot of money.

Healthy—When everything in our body and head feels good.

Ingredients—Items that make up a mixture.

Nutrients—Substances in food that all living things need to make energy, grow and develop.

Packaging—The packet or container which holds a product safe ready to be sold. It has information on about the product.

Refrigerator—A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.

Sugar—An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



Hidden sugars: Many unexpected food products can have high amounts of **sugar** such as pasta sauces and fizzy pop.

A jar of tomato pasta sauce



20 grams

One plain white bagel



6 grams

One granola bar



8 grams

Fruit fromage frais pot



10 grams