

Year 4 Design and Technology: Healthy Food and Living

Key Questions:

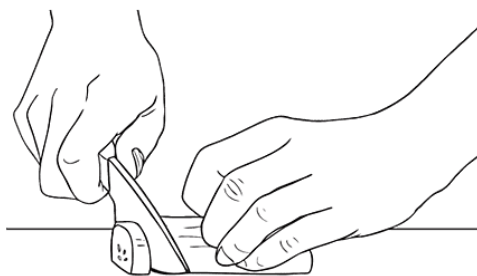
What foods are high in **energy**?
 Which **textures** and **designs** would be the most portable?
 What **ingredients** will you use?
 Which foods / food groups are the most **nutritious**?
 Does everyone like the same types of food?
 Why / why not?

Our goal is to produce a **high energy, portable snack for an Arctic fieldworker**

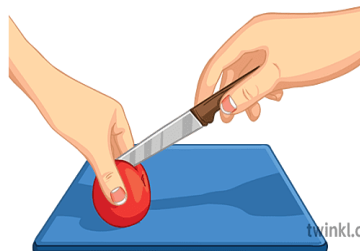
Assessment Questions

How could you improve your product?
How has your snack met the design criteria and why is it high in energy?

Key Word	Definition
hygienic	Preventing disease, being clean
nutrition	The food necessary for good health and growth
carbohydrate	A substance that is rich in energy such as starch or sugar
protein	A type of nutrient found in meat and pulses
dairy	A type of food produced from the milk of mammals



Claw grip method



Bridge hold method

5 TIPS FOR SAFE FOOD

1. WASH YOUR HANDS WITH SOAP AND WATER BEFORE COOKING
2. SHOP FOR CHILLED FOOD LAST
3. DEFROST FOOD IN THE FRIDGE OR MICROWAVE, NOT THE BENCH
4. COOK CHICKEN AND MINCED MEATS TO 75°C
5. STORE RAW MEATS BELOW COOKED FOODS TO AVOID CONTAMINATION FROM MEAT JUICES

