

# Healthy food and living

## Assessment Questions:

- What does a balanced diet include?
- How can you prevent cross-contamination?
- How can you prepare food safely?
- How do we store fresh ingredients safely?
- What are the best ingredients to use? Why?
- How can you ensure your measurements are accurate?

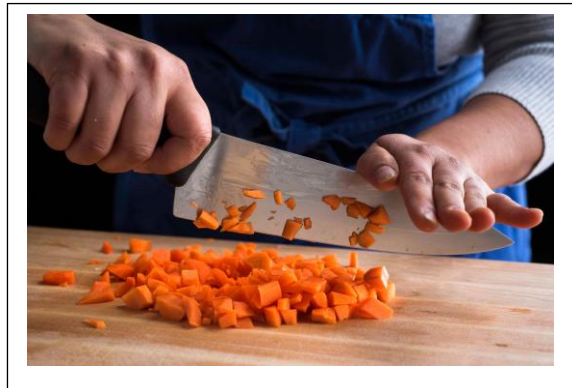
How can you improve the nutrition in a product?

## We are learning:

What makes a healthy and balanced diet.  
That different foods and drinks provide different nutrition.  
The importance of different portion sizes of different food groups.  
The value of eating sociably.  
That people have different views on how food is produced.  
That there are a variety of factors that influence the foods we eat.  
How bacteria can spread in food and can lead to food poisoning.

## We are learning to:

Carry out basic food hygiene rules.  
Correctly store different food types.  
Use separate utensils for meat and fruits and veg to avoid cross-contamination.  
Accurately measure liquids and solids.  
Use the claw grip and bridge hold to cut with a serrated knife.  
Peel harder food using a vegetable peeler.  
Cut foods into evenly sized strips or cubes.  
Grate harder foods using a grater.  
Identify how to improve what we have made – relating to flavour, texture and appearance.



## Vocabulary:

**Bacteria** – organisms that are microscopic in size, which under suitable conditions can grow rapidly.

**Cross-contamination** – when bacteria is transferred from one object to another, with harmful effects.

**Portion** – how much food you choose to eat at one time.

**Utensils** – a tool for household use.

**Method** – a procedure for accomplishing something.