Year 6: Come dine with me.

The food groups:

The five different food groups are:

I. Carbohydrates

2. Fruits and vegetables

2.

Protein 4. Dairy

Foods high in fat and sugar



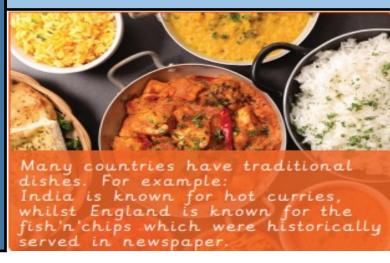
Designing a balanced menu:



From farm to fork:



Food from around the world :



KEY VOCABULARY



Accompaniment: something which goes well together with other food and drinks.



Cross- contamination: crosscontamination is how bacteria can spread.



Flavour :how food or drink tastes eq sweet, sour, salty.



Ingredients: items that make up a mixture eg foods that make a recipe.



Preparation: the process of getting ready to make something.



Processed: when foods are passed through multiple processes in a factory to change or preserve it so it keeps for longer.



Reared :to breed and raise livestock eq cows or chickens.



Recipe: a set of instructions for making a food item or dish.



Target audience: a particular group or person who a product is aimed at.



Unit of measurement: the unit you use to measure a quantity.