

Year 6: Come dine with me.

The food groups :

The five different food groups are:

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



Designing a balanced menu:



From farm to fork :



Food from around the world :



Many countries have traditional dishes. For example: India is known for hot curries, whilst England is known for the fish'n'chips which were historically served in newspaper.

KEY VOCABULARY



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



Cross- contamination : cross-contamination is how bacteria can spread.



Flavour : how food or drink tastes eg 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 eg 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.