

# Food and Nutrition

## Ingredients

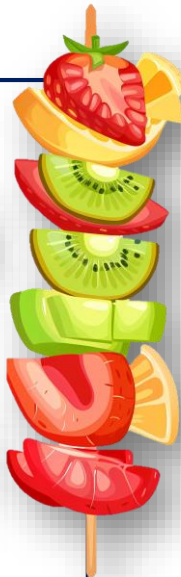
### Fruits

- Apples
- Grapes
- Strawberries
- Banana
- Orange
- Peach
- Mango



### Vegetables

- Carrot
- Onion
- Lettuce
- Tomato



## The Process

- Preparation
- Knowledge and understanding.
- Nutrients.
- Utensil skills
- Cooking skills
- Taste and evaluate.



## Health and Safety

The Food and Nutrition rules must be followed.

- Wash Hands
- Hair tied up
- Wear Aprons
- Follow Instructions



*Correctly, safely and independently.*

## Key words and Vocabulary

Prepare, Hygiene, contaminate, healthy, nutrients, vegetables, fruits, Process, Evaluation.



*Pupils will need to articulate their process using key words and technical vocabulary.*



## Eat Well Guide

- Healthy
- Balanced
- Nutrients
- Diet
- Requirements



## Equipment

- Knife
- Chopping Board
- Colander
- Serving dish
- skewers

