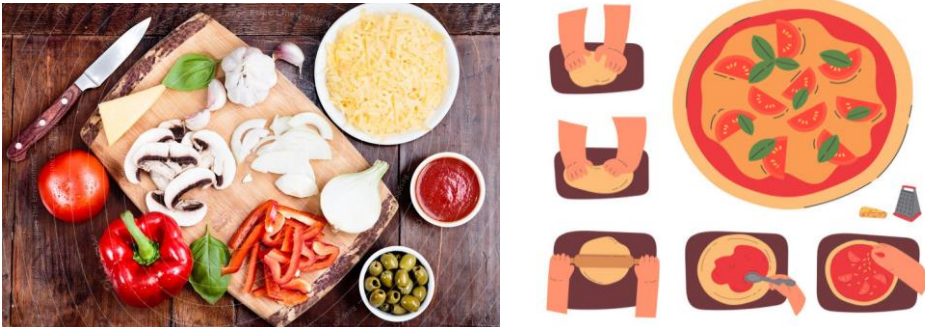


Key Vocabulary		Definition	Examples
1.	Healthy and Varied Diet	A diet that helps maintain or improve health. A healthy diet provides the body with essential nutrition. It may contain fruits, vegetables, and whole grains, and may include little to no processed food or sweetened beverages.	<p>Step 1 – Research the recipes used by families during the war. What ingredients did they use?</p> <p>Step 2 – Design Criteria. Describe and explain what snack you will create.</p> <p>Step 3 – Plan what you will need to make your snack</p> <p>Step 4 – Make. Measure and prepare ingredients and make your snack.</p> <p>Step 5 – Evaluate your snack. Consider the views of others to improve your work.</p>
c	Food/M meal plan	A weekly plan incorporating a healthy and varied diet of foods across each day and the week.	
3.	Calories	A unit of energy, often used as a measurement of the amount of energy that food provides.	
4.	Unsaturated Fat	These are found in plant foods and fish. They are good for heart health and are found in salmon, avocados, olives and walnuts and vegetable oils like soybean and olive oil.	
5.	Saturated Fat	These fats in found in meat and animal products, such as butter and cheese. Eating too much saturated fat can raise blood cholesterol levels and increase the chance of getting heart disease.	
6.	Frying	To cook food in a pan of heated oil.	
7.	Grilling	To peel a layer off something (like carrots or cheese) using a peeler or grater.	
8.	Substituting	To use something instead of another thing.	
9.	Seasonal Produce	Food grown and produced during a particular season	
10.	Sustainability	Causing little or no damage to the environment. The idea that humans must interact with the environment in a way that ensures there will be enough resources left for future generations.	
			

A Healthy and Varied Diet – You should know how much to eat of each food group

Fruit and vegetables – Eat lots! About 5 portions/day. Good for vitamins, minerals and fibre. Fresh, tinned and juices all count.

Carbohydrates – Eat lots! Include in every meal. Good for energy, vitamins, mineral and fibre.

Proteins – You should eat about 2-3 portions per day. Good for muscle-building, vitamins and minerals.

Dairy – You should eat about 2.3 portions per day. Good for muscle-building protein, vitamins and minerals.

Fats & Sugars – Only eat occasionally, and in small amounts. Good for energy and fat reserves in small amounts. Cut down on saturated fats.

HEALTH AND SAFETY

Remove any jewellery and tie back long hair	Wear an apron and roll up your sleeves	Walk safely and calmly around the classroom	Keep your work area and floor area clean	Follow the teacher's cutting instructions	If you need to move around with scissors, hold around the closed blade, face down.
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Finally, report all spillages and clean up properly after yourself, leaving the classroom tidy.