

Cooking and nutrition - A balanced diet

Key facts

<i>balanced</i>	A healthy mixture of different kinds of food.
<i>diet</i>	The types of food someone eats.
<i>evaluate</i>	To study something carefully and decide if it is good or bad.
<i>feel</i>	The way something seems when you touch it.
<i>grate</i>	To break food such as cheese into small, thin pieces.
<i>menu</i>	A list of food and drinks that you can order.
<i>review</i>	To give an opinion about something.
<i>smell</i>	Information we detect about something using our nose.
<i>snip</i>	To make small cuts with scissors.
<i>spread</i>	To cover something with soft food.
<i>taste</i>	The flavour of a food.

The five different food groups are:

1. Carbohydrates.
2. Fruits and vegetables.
3. Protein.
4. Dairy.
5. Oils and spreads.



Skills



cutting



grating



spreading



snipping



taste testing

A balanced diet means eating lots of foods from different food groups.

