



Year 4

DT - Cooking and Nutrition: Healthy and Varied Diet

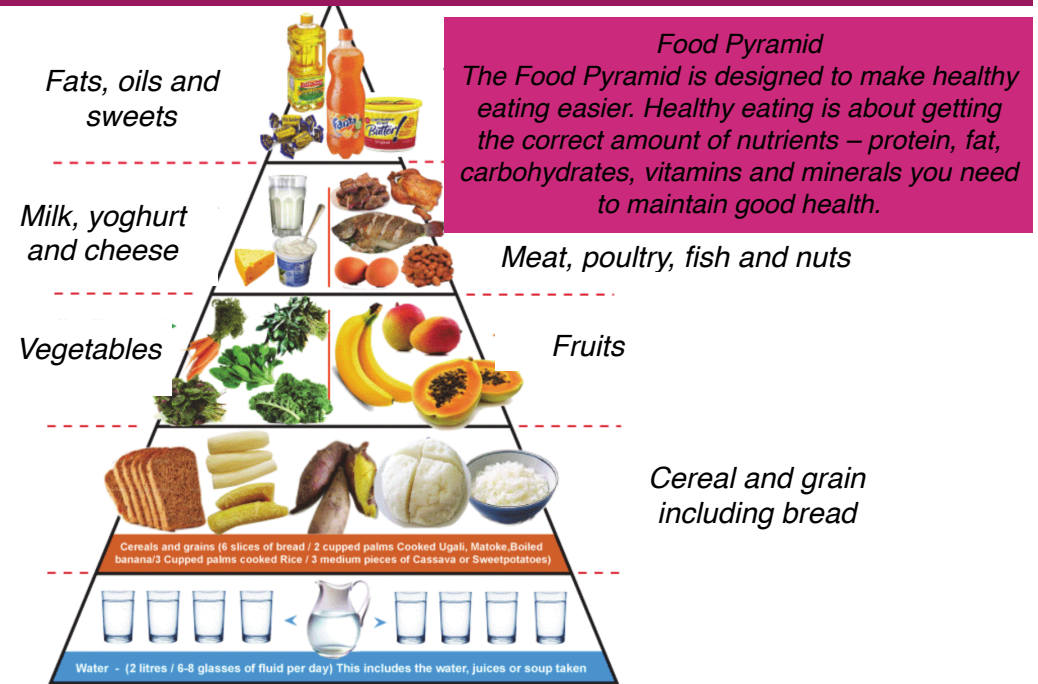
How to stay safe when preparing food.

- Remove all jewellery
- Tie your hair back
- Roll your sleeves up
- Wear an apron
- Wash your hands
- Cover cuts with a blue plaster

Key Vocabulary

appearance	How food looks to the eye.
balanced diet	A diet made of the right amount of each food group, which means people are eating the right nutrients to stay healthy.
nutrients	The things a person needs to stay healthy.
organic food	Food which is grown without any chemicals.
processed food	Ingredients that have been changed so they can be eaten.
sensory evaluation	Evaluating what is good about a product based on how it looks, tastes and feels.
strawberry huller	A small tool to remove the stalk and leaves from a strawberry.
poultry	Domestic birds such as chickens, turkeys, ducks, and geese.
texture	How something feels in your hand or mouth.

The Food Pyramid

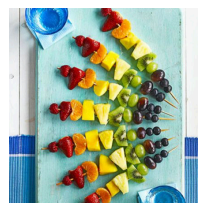


Investigating and Evaluating Techniques

You can analyse food products using sensory evaluation.

Analysing existing products							
Filling	Appearance	Smell	Flavour/Taste	Texture	Dislike	Neither	Like
1					☹️	😊	😄
2							
3							
4							
Word bank	Colourful Dark/pale Greasy Moist	Fruity Meaty Smoky Oniony Garlicky Fishy	Salty Herby Spicy Fishy Smoky	Crispy Crunchy Soft Chewy Sticky Smooth Hard			

Healthy Snack Ideas



Fruit



Houmous



Dried fruit balls



Sushi



Courgette



Vegetable

Preparation Techniques



Cutting (bridge technique)



Cutting (claw technique)



Dicing



Julienne