



Key Questions

- What is healthy eating?
- Why is it important to eat healthily?
- What do the different food groups do for our body?

• What is healthy eating?

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.



• Why is it important to eat healthily?

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.



• What do the different food groups do for our body?

Carbohydrates— give energy
 Fruit and vegetables— give us vitamins and minerals
 Milk and dairy—give calcium
 Pulses, meat and beans— give protein



Vocabulary

carbohydrates	sugars, starches and fibres found in fruits, grains, vegetables and milk products
protein	macronutrient that is essential to building muscle mass
dairy	milk and milk products
vitamins	organic compounds that are needed in small quantities to sustain life
seasonality	a time where a product is at its best
design brief	A list of non-negotiables for a product being made
evaluation	reviewing something and evaluating it
balanced diet	A diet consisting of a variety of different food types
food hygiene	The conditions and measures necessary to ensure the safety of food
harvest	the process or period of gathering crops
packaged	wrapped or put into a box for sale or transport
bland	mild— tasting
citrusy	characteristic of citrus fruit in taste, scent or colour
sweet	food tasting of sugar or honey

DT Skills

- Knowing what a design brief is
- Identifying the purpose, product, user and problem
- Preparing food safely and hygienically

What will I know at the end of the unit?

- Know what the eat-well-plate guidelines are
- Know what the different food groups do for our bodies
- Know how to prepare foods safely and hygienically
- To know what seasonality means