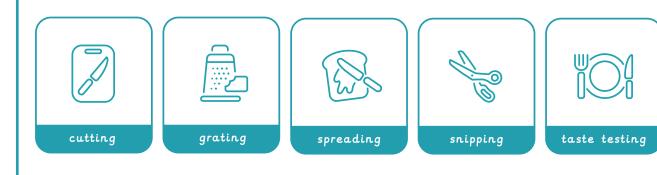
Cooking and nutrition - A balanced diet

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

Skills



Key facts



The five different food groups are:

- 1. Carbohydrates.
- . Fruits and vegetables.
- . Protein.
- . Dairy.
- 5. Oils and spreads.



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

