

Key Vocabulary

healthy	In a good physical or mental condition; in good health.
energy	The strength needed for physical or mental activity.
nutrients	Something that provides nourishment essential for life and for growth.
diet	The kinds of food that a person or animal eats.
vitamins	A group of essential nutrients that are needed in very very small amounts for the body.
hygiene	The practise of keeping clean and healthy.
germs	Tiny organisms, or living things, that can cause disease.
origin	Where something originally came from.
ingredient	One part of a mixture or a recipe.
organic	Grown naturally.
manufactured	To make something using machines.

Origins of Food

The origins of our favourite ingredients and dishes

- **Chilli Peppers:** originated in South America and migrated to Spain, India and East Asia during the Columbia Exchange
- **Vanilla:** Originated in Guatemala and Mexico before being brought to Europe in the fifteenth century
- **Tomatoes:** Migrated to Europe from South America during the Columbia Exchange
- **Fish and Chips:** Traced back to Spain and Portugal before arriving on British shores around the seventeenth century
- **Vindaloo:** Brought to Goa, India by the Portuguese in the fifteenth century
- **French Fries:** Originated in Belgium and France but were popularised by US fast-food chains during the 1940s
- **Doughnuts:** Food resembling doughnuts were served in Ancient Greece, but were brought in their current form to New York by Dutch settlers
- **Cheesecake:** First served to Ancient Greeks during the Olympics. Today, cheesecake is one of the USA's most popular desserts
- **Coffee:** Introduced to Europe from North Africa and Ethiopia in the sixteenth century, then later brought to South America in 1727
- **Scotch Egg:** Recipes resembling the Scotch Egg originated in both India and North Africa, however the first record of the dish in the UK can be traced to Whitby

Food and Hygiene

One of the main ways that germs are spread is from hands. Harmful bacteria can be spread very easily from your hands to food, work surfaces and equipment.

It's important to wash them thoroughly with soap and warm water before handling food, and especially after touching raw food, the bin, pets, and going to the toilet.

Cooking food at the right temperature will kill any harmful bacteria. Check that food's steaming hot throughout before you eat it. Raw meat, including poultry, can contain harmful bacteria that can spread easily to anything it touches, including food, worktops, tables, chopping boards, and knives. Take particular care to keep raw food separate from ready-to-eat foods such as bread, salad and fruit. These foods will not be cooked before you eat them, so any germs that get on to them will not be killed.

Read food labels carefully. They will tell you how to correctly store the product.

Wash fruit and vegetables under cold running water before you eat them. This helps remove visible dirt and germs that may be on the surface. Peeling or cooking fruit and vegetables can also remove these germs.

Be careful when using sharp knives or utensils.

Use oven mitts to move hot items and always walk when in a kitchen area.



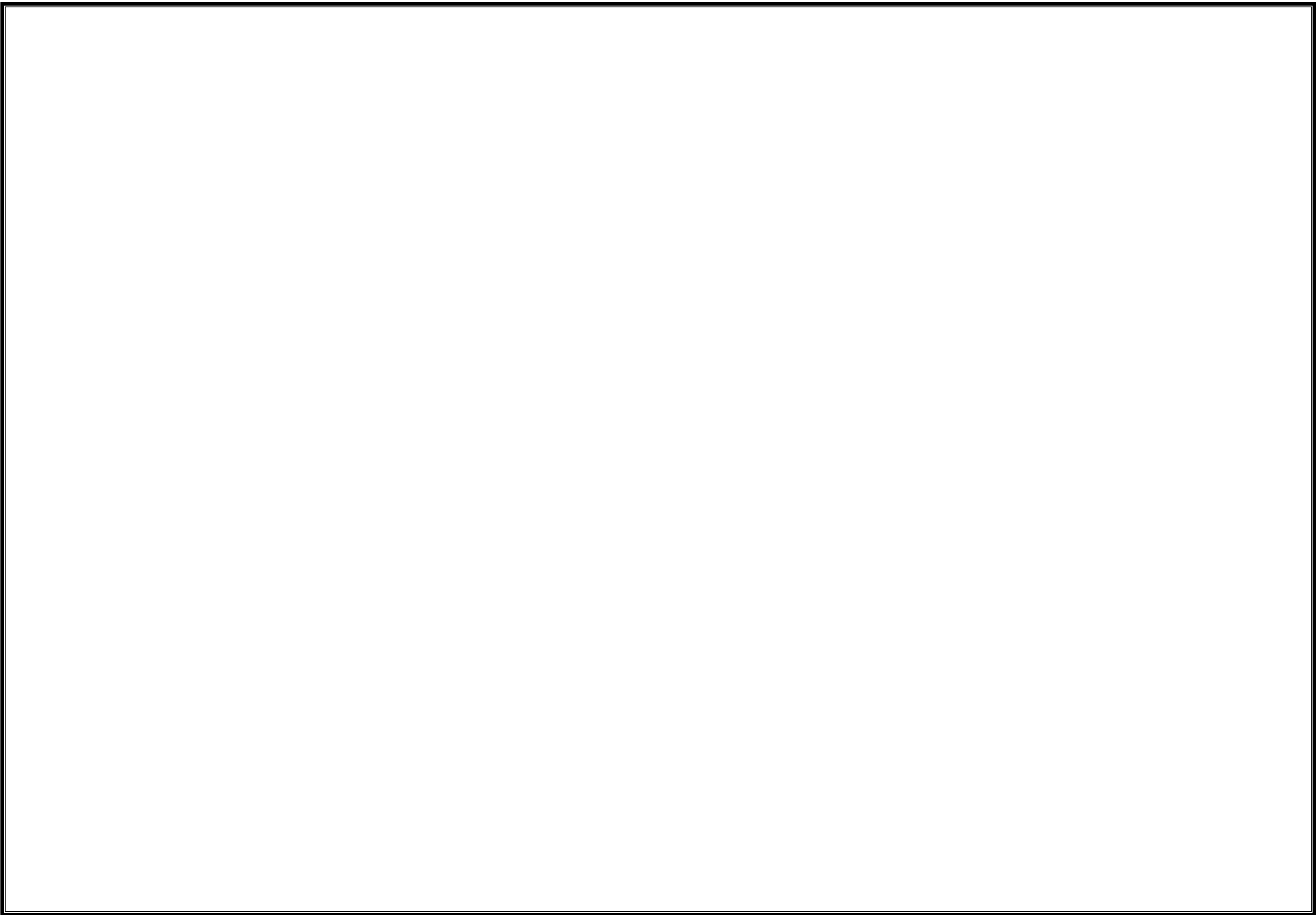
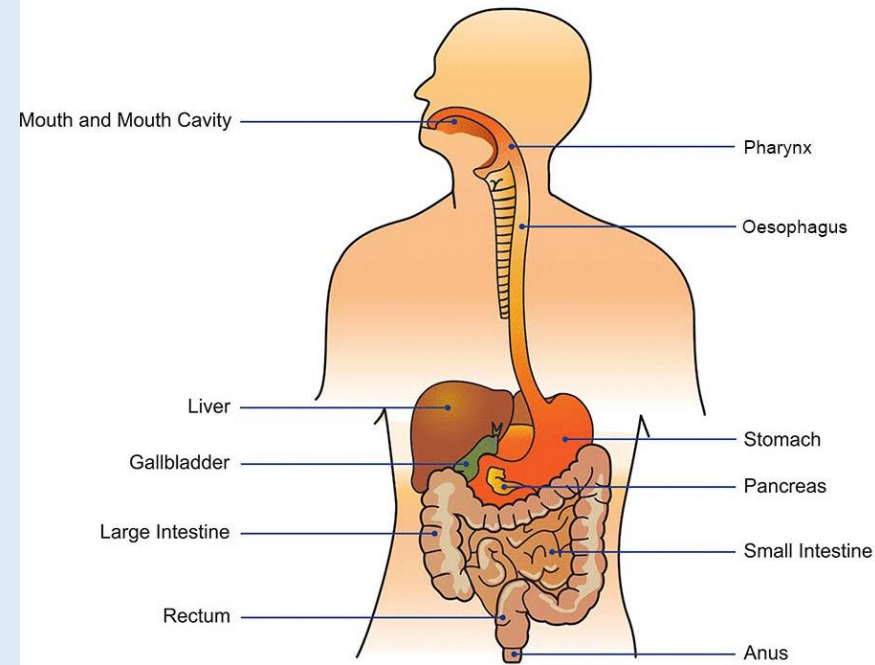
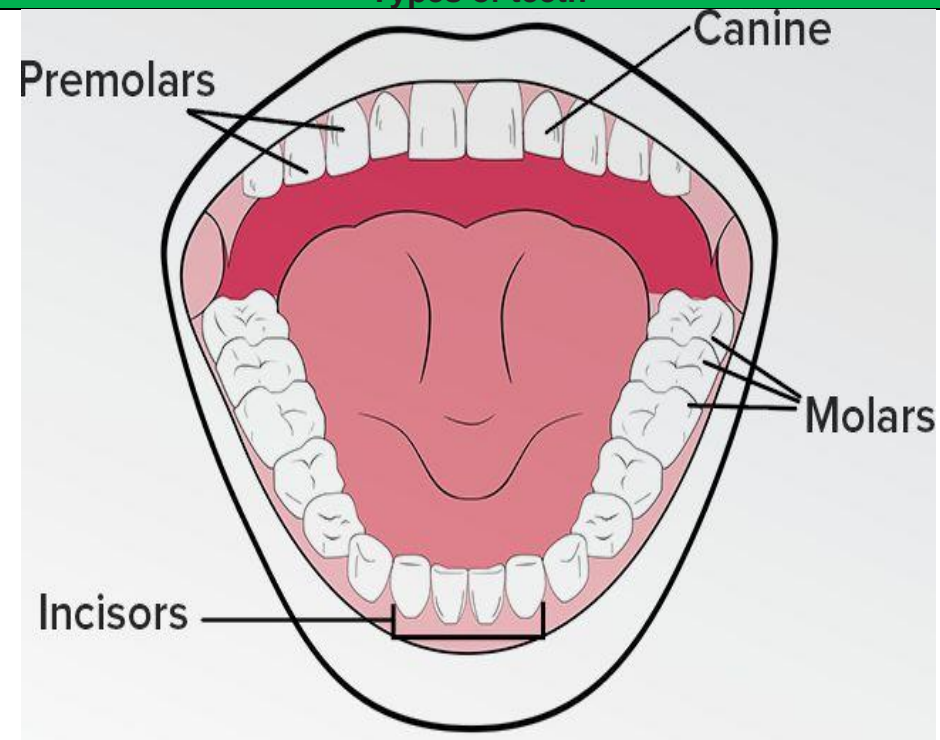


Diagram – The digestive System

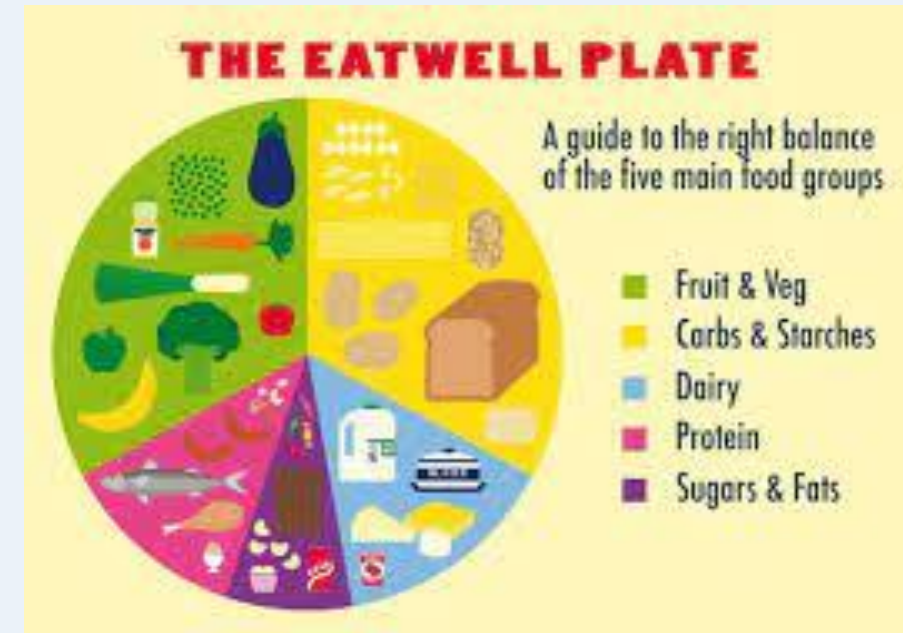


Types of teeth



- 1. Incisors:** help you bite off and chew pieces of food.
- 2. Canines:** These teeth are used for tearing and ripping food.
- 3. Molars:** These help you crush and grind food.

Food Groups



Food Group	Image	How they help us	Examples
Fruit and Vegetables		gives us vitamins to keep our bodies working and help our immune system and fibre to help our digestion.	apples onions carrots
Carbohydrates		keeps our energy levels up.	bread rice pasta
Dairy		gives us calcium for strong teeth and bones.	cheese milk yoghurt
Protein		build healthy muscles and allow our bodies to grow and repair .	fish nuts chicken
Sugars and Fats		act as an energy store .	chocolate chips fizzy drinks