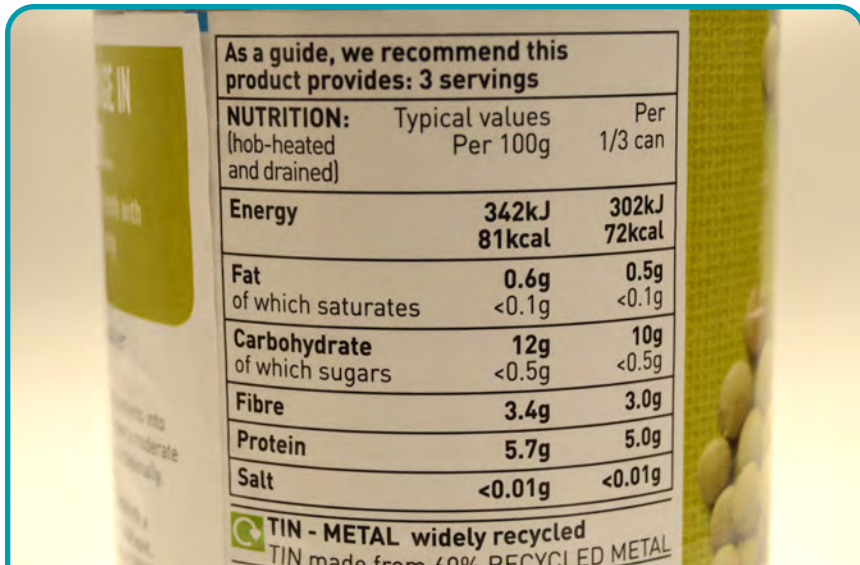


# D&T - Cooking and nutrition: Developing a recipe



Nutritional value helps us understand how healthy a food is. Nutrition information on food labels can help us make better choices for our bodies by showing us the amounts of nutrients like fibre, protein and sugar.

Cross-contamination is when harmful bacteria from one food get onto another. To prevent it, use different coloured chopping boards for different types of food.

**Red - raw meat**

**Blue - raw fish**

**Yellow - cooked meat**

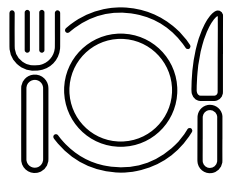
**Green - salad and fruit**

**Brown - root vegetables**

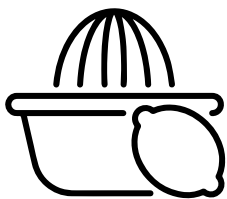
**White - bakery and dairy**



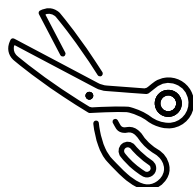
Spaghetti bolognese is a popular dish that can be adapted in many ways. Adapting and developing the recipe by adding, substituting and removing ingredients can ensure that it suits dietary needs and tastes.



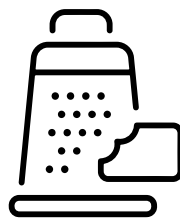
Taste testing



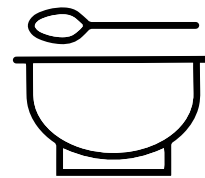
Juicing



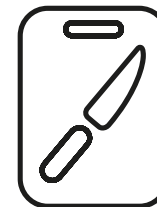
Snipping



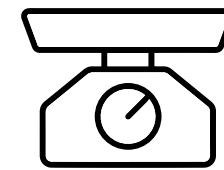
Grating



Mixing



Cutting



Measuring

adaptation	The process of changing something.
cook	To prepare food by heating it.
cross-contamination	When something harmful spreads from one food to another.
farm	To grow crops or keep animals as a business.
hygiene	Keeping things clean to prevent illness.
ingredients	The foods a recipe is made from.
label	Something that provides information about the product it is attached to.
nutrient	Substances that help living things stay healthy and grow.
nutritional value	The nutrients a food or recipe provides.
process	A series of actions.



Farmers rear cows.



The cows are killed and the meat matures.



The meat is processed and packaged.



The food is transported to shops.



Customers buy beef products.



The food is consumed.