

DT: Cooking



Be the BEST you can be



Key Vocabulary

appearance	How the food looks to the eye.
texture	How the product feels in the mouth.
sensory evaluation	Evaluating food products in terms of the taste, smell, texture and appearance.
preference	Trying different foods and deciding which one you like best

General Knowledge

People around the world choose and combine different food to make meals and snacks. The total amount and range of food and drinks consumed is called the diet.

A healthy diet is made from a variety of different food and drinks, as highlighted in The Eatwell Guide. It is important to have a healthy and varied diet.

The food we like now might change as we get older.



Meals and snacks can be sorted into The Eatwell Guide food groups.

Tomato sauce
Fruit and vegetables

Base
Potatoes, bread, rice, pasta and other starchy carbohydrates



Ham
Beans, pulses, fish, eggs, meat and other proteins

Cheese
Dairy and alternatives

Did you know?

Our senses help us like or dislike a food.

Sound Smell Taste Feel Look



Famous Figure

Jamie Oliver

Jamie Oliver has sold millions of cookery books, opened a restaurant, starred in several TV shows and revolutionised UK school dinners.

Oliver began a formal campaign to ban unhealthy food in British schools and to get children eating nutritious food instead. Oliver's efforts to bring change to the school meals system challenged the junk-food culture by showing schools they could serve healthy meals that kids enjoyed eating.

