

# Cooking and Nutrition Flashcards: A Healthy Kitchen Journey with Max

*Learning objective: To understand the principles of a healthy, varied diet and the importance of preparing ingredients safely in the kitchen.*

Read the front of the card to test your knowledge about healthy eating and kitchen safety. Flip the card to check if your answer matches Max the Monkey's notes!

**What is a 'balanced diet'?**

A diet that includes a variety of different food groups in the right proportions to provide the body with all the nutrients it needs.

**Why do we need protein in our meals?**

Protein is essential for growth and for repairing the body's tissues, such as muscles.

**What is the most important rule of kitchen hygiene before touching food?**

Always wash your hands thoroughly with warm water and soap to remove germs.

**What are 'seasonal' ingredients?**

Ingredients that are grown and harvested at a specific time of year, often tasting their best when eaten in season.

**True or False: We get most of our energy from carbohydrates.**

True. Carbohydrates like bread, pasta, and potatoes are the body's main source of energy.

**Why is it important to store raw meat separately from vegetables?**

To prevent cross-contamination, which stops harmful bacteria from spreading from the meat to the vegetables.

**What is an 'ingredient'?**

An ingredient is any of the foods or substances that are combined to make a particular dish.

**If a recipe costs £4.50 to make and serves 6 people, how much does it cost per person?**

£0.75 (or 75p) per person.

**Name one fruit that is high in Vitamin C.**

Oranges, strawberries, or kiwis are all great examples.

**Why should we limit the amount of sugar and salt in our diet?**

Eating too much sugar can cause tooth decay, and too much salt can be harmful to our health as we grow.

**What is the purpose of a recipe?**

A recipe provides a list of ingredients and a set of instructions for preparing and cooking a specific dish.

**Why is it important to wash fruit and vegetables before eating them?**

Washing removes dirt, debris, and any leftover soil or residue from the growing process.