Healthy Meals: Design Technology Word Mat

Learning objective: To understand key vocabulary related to nutrition, food preparation, and healthy eating for Year 4 Design Technology.

Key Vocabulary

Use this vocabulary mat to help you design your own healthy meal. The terms are grouped into categories: Nutrients, Food Preparation, and Healthy Choices.

Max is making a …	**Why is it importa…**	**If you are followi…**
Explain the differ…	**If a meal costs £3…**	