

Class 4 Design Technology: Healthy Eating and Nutrition Assessment

Learning objective: To demonstrate an understanding of a healthy, balanced diet, the importance of food hygiene, and the source of seasonal ingredients.

Read each question carefully. Use the word bank if you need help with scientific terms. Ensure your answers are clear and written in full sentences where required.

Max the monkey is helping his friends plan a healthy picnic for their school adventure. He wants to ensure they have enough energy to climb trees and run races. Max knows that eating a variety of foods helps the body grow strong and healthy. He is also very careful about washing his hands and keeping the preparation area clean before he starts making the sandwiches.

Word bank: Balanced diet · Seasonal · Hygiene · Protein · Carbohydrates · Preparation · Nutrients

1. Max needs energy for his activities. Which food group provides the main source of energy for the body? (1 mark)

2. Why is it important to wash your hands and clean surfaces before preparing food? Give two reasons. (2 marks)

3. What does the term 'seasonal food' mean? Why might it be a good idea to choose fruit and vegetables that are currently in season in the UK? (4 marks)

4. Explain the difference between a 'balanced diet' and eating only one type of food. Why is variety important for our health? (4 marks)

5. Max is buying ingredients for his picnic. If he buys a loaf of bread for £1.20, a pack of cheese for £2.50, and a bag of apples for £1.30, how much does he spend in total? Show your working. (4 marks)

6. Design a healthy lunchbox for a friend. You must include one item from each of the main food groups (carbohydrates, protein, fruit/vegetables, and dairy). Explain why your choices make a healthy meal. (5 marks)

7. Name one nutrient found in food and explain what it helps the body do. (2 marks)

8. If Max replaces a sugary snack with a piece of fresh fruit, how does this affect his overall nutrition? (1 mark)

Draw: Draw a 'Eat Well' plate. Label the sections to show where carbohydrates, proteins, and fruits/vegetables should be placed to make a healthy, balanced meal.



Extension challenge: Total: /25. Challenge: Research one food item grown in the UK. Write a short paragraph explaining which month it is harvested and one way you could cook it safely.