

Class 4 Design Technology: Healthy Meals Flashcards

Learning objective: To identify the principles of a healthy, balanced diet and understand how to design and prepare nutritious meals.

Read the front of each flashcard to test your knowledge about healthy eating and food preparation. Flip the card mentally to check if you know the answer.

What is a 'Balanced Diet'?	Which tool does the NHS use to show the proportions of food groups we should eat?
A diet that includes a variety of different food groups in the correct proportions to keep our bodies healthy.	The Eatwell Guide.
Why is it important to wash your hands before preparing food?	Name one source of Protein that helps our muscles grow.
To remove bacteria and prevent cross-contamination, ensuring our food is safe to eat.	Examples include beans, lentils, fish, eggs, or chicken.
What is the main role of Carbohydrates in our diet?	What do we call food that is grown at the time of year it is naturally ready to harvest?
To provide the body with energy to move and think.	Seasonal food.
Why do we need Fibre in our meals?	What is a 'portion' in terms of healthy eating?
Fibre helps our digestive system work properly.	The amount of a specific food that you choose to eat at one time.
Max the monkey wants to add fruit to his salad. Why is fruit good for us?	Before cooking, what should you do to your workspace to stay safe?
Fruit provides essential vitamins and minerals that help our immune system.	Clear the area and ensure all surfaces are clean and hygienic.
True or False: We should try to limit foods that are high in salt, sugar, and fat.	Why is it important to store raw meat separately from vegetables?
True.	To stop harmful bacteria from spreading to foods that might be eaten raw.