

Healthy Meals: Design Technology Word Mat

Learning objective: To understand key vocabulary related to nutrition, food preparation, and healthy eating for Class 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...	