

Max and Bea’s Kitchen Nutrition Mat

Learning objective: To understand the principles of a healthy, varied diet and the functions of different food groups.

Key Vocabulary

Use this vocabulary mat to help you identify food groups and understand how ingredients contribute to a balanced diet. Terms are grouped by Food Groups, Health and Preparation, and Nutrition.

Max the monkey ...	Bea the bee expla...	Explain why 'hyg...
What is the differ...	Why do we use t...	