

Healthy Meals Design Technology Word Mat

Learning objective: To understand key vocabulary related to nutrition, food preparation, and healthy meal design for Year 5.

Key Vocabulary

Use this reference mat to help you design your own healthy, balanced meal. The terms are grouped into Nutritional Science, Cooking Techniques, and Meal Design.

Max the monkey ...	Why is 'steaming'...	Define 'cross-con...
Bea the honeybee...	If a meal costs £4...	