

Class 5 Design Technology: Nutrition and Healthy Cooking Assessment

Learning objective: To demonstrate an understanding of the Eatwell Guide, nutritional balance, and safe food preparation techniques.

Read each question carefully. Use the word bank to help you with your answers. Write your responses clearly in the space provided. Total marks available: 25.

Max the monkey is planning a healthy lunch for a picnic with his friends. He wants to make sure the meal gives them plenty of energy to climb trees and play games all afternoon. He is focusing on choosing ingredients that are fresh and provide a mix of different food groups.

Word bank: Carbohydrates · Protein · Fibre · Hygiene · Cross-contamination · Nutrients · Balanced · Seasonality

1. Max wants to include a starchy food to provide long-lasting energy. Name two examples of carbohydrates he could include in his picnic. (2 marks)

2. Explain why it is important to wash hands and clean surfaces before preparing food. Mention the term 'hygiene' in your answer. (3 marks)

3. What is 'cross-contamination' and how can Max prevent it when preparing raw chicken and fresh salad? (4 marks)

4. Look at the Eatwell Guide. Why should we eat more fruit and vegetables than sugary snacks? Use the word 'nutrients' in your explanation. (3 marks)

5. Max is buying ingredients for his salad. A bag of spinach costs £1.25 and a punnet of tomatoes costs £1.80. If he pays with a £5 note, how much change should he receive? (3 marks)

6. Design a 'balanced' picnic meal for Max and his friends. You must include at least one item from the protein group, the dairy group, and the fruit/vegetable group. Explain why your choice is healthy. (5 marks)

7. Define the term 'seasonality' and explain why it is often better to buy strawberries in June rather than in December. (5 marks)

Draw: In the space below, draw a plate showing a balanced meal. Label the different food groups you have included (e.g., Protein, Carbohydrates, Fruit and Vegetables).



Extension challenge: Total: /25