

Class 5 Cooking and Nutrition Flashcards

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

Use these flashcards to test your knowledge on healthy eating, nutrition, and food preparation. Max the monkey is ready to help you solve these food puzzles!

What is a 'balanced diet'?

A diet that contains the right proportions of different food groups to keep our bodies healthy.

Which food group provides us with long-lasting energy?

Carbohydrates (such as bread, pasta, and potatoes).

What is the main function of protein in our diet?

Protein helps the body to grow and repair damaged tissues and muscles.

Why do we need fibre in our meals?

Fibre helps to keep our digestive system working properly.

What does the 'Eatwell Guide' show us?

It shows the different types of foods we should eat to have a healthy, balanced diet.

Why is it important to limit saturated fats and sugars?

Eating too much can lead to health problems like tooth decay or heart issues later in life.

Name three different vitamins or minerals our bodies need.

Vitamin C, Calcium, and Iron.

What is the best way to stay hydrated throughout the day?

Drinking plenty of water.

If a recipe costs £4.50 for ingredients to serve 3 people, how much does it cost per person?

£1.50 per person.

Why is it important to wash your hands before cooking?

To remove bacteria and prevent cross-contamination, keeping the food safe to eat.

What is the difference between a fruit and a vegetable?

Botanically, fruits contain seeds and develop from the flower of a plant, while vegetables are other parts like roots, leaves, and stems.

How can you tell if a meal is nutritious?

It contains a variety of food groups including fruit, vegetables, protein, and carbohydrates.