

Year 4 Design and Technology: The Nutritious Kitchen Assessment

Learning objective: To demonstrate understanding of food groups, balanced diets, and safe preparation techniques.

Read each question carefully. Use your knowledge of nutrition and food preparation to answer. Ensure your answers are clear and use correct scientific vocabulary.

Max the monkey is planning a healthy picnic for his friends. He wants to ensure that every dish provides enough energy for their afternoon of exploring the jungle. He has decided to include a colourful salad, wholemeal bread rolls, grilled chicken, and fresh berries. Max knows that to keep his kitchen safe, he must wash his hands thoroughly and keep his chopping boards clean to avoid spreading bacteria.

Word bank: Carbohydrates · Protein · Fats · Vitamins · Minerals · Hygiene · Cross-contamination · Balanced · Seasonality · Preparation

1. Identify two main food groups that provide the body with energy. Why is it important for an active child to include these in their diet? (2 marks)

2. Max is using a wooden board to chop raw chicken. Explain why he must use a different board for his salad vegetables. Use the term 'cross-contamination' in your answer. (2 marks)

3. If Max buys a basket of strawberries for £2.45 and a loaf of bread for £1.60, how much does he spend in total? If he pays with a £5.00 note, how much change does he receive? (2 marks)

4. Compare and contrast the nutritional benefits of an apple versus a packet of crisps. Justify which choice is better for long-term health. (4 marks)

5. Explain why it is beneficial to eat fruits and vegetables that are in season in the UK. What might happen if we only relied on imported food all year round? (4 marks)

6. Design a balanced lunchbox menu for a friend. Your menu must include at least three different food groups. Explain your choices for each item based on the nutritional value they provide. (6 marks)

7. Why is it important to follow a recipe carefully when preparing a new dish? Discuss the consequences of inaccurate measuring or skipping a step. (5 marks)

Draw: Draw a 'Balanced Plate' featuring at least four different food groups. Label each section with the correct nutritional category.



Extension challenge: Total: /25. Challenge: Research one 'superfood' found in the UK. Write a short paragraph explaining its benefits and suggest one creative way to include it in a school lunch.