

# Healthy Meals Design Technology Word Mat

Learning objective: To understand key vocabulary related to nutrition, food preparation, and healthy meal design for Grade 4.

## 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... |                      |