

Kitchen Science: Nutrition and Design

Learning objective: To understand the nutritional components of a balanced diet and apply this knowledge to food preparation and design.

Key Vocabulary

Use this vocabulary that to help you design a balanced, healthy meal. The terms are grouped by their role in cooking and nutrition. Use these words to help you justify your design choices in your D&T project.

Explain why it is ...	Compare and con...	What might happ...
Justify why a des...	If you were desig...	Explain why dieta...