

Max’s Healthy Meal Masterclass: Design Technology Word Mat

Learning objective: To understand the vocabulary and principles of nutrition and food preparation required to design a healthy, balanced meal.

Key Vocabulary

Use this vocabulary mat to help you plan your healthy meal project. Words are grouped by 'The Balanced Plate' (Nutrition), 'Culinary Techniques' (Preparation), and 'Design & Evaluation' (The Creative Process).

Max has a budget...	Compare and con...	Justify why 'hygi...
If a consumer fin...	What might happ...	Create a 'Healthy...