



Preparing and Cooking Processes

Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

-Mixing: to blend ingredients together, using a spoon, blender, or whisk.



-Weighing/measuring: to get the right amount of an ingredient, using scales, tablespoons, or teaspoons.

Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

-Baking: to cook food in a heated oven. Make sure that you select the right temperature!



-Grilling: to cook food by putting it under a hot grill (like a radiator in a cooker).

A Healthy and Varied Diet

Food Groups

There are five main food groups:

- Fruit and vegetables:** e.g. apples, tomatoes, lettuce. They contain vitamins and minerals.
- Carbohydrates:** e.g. starchy foods like bread and pasta. They give us lots of energy!
- Proteins:** e.g. beans, fish, eggs, meat. They help us to build muscle.
- Dairy:** e.g. milk, butter, cheese. They contain calcium for our bones.
- Fats and Sugars:** Add fat storage for energy.



Varied Diet

-In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.

- We should aim to eat 5 portions of fruit and veg per day.
- To build strong bones and muscles, we should eat enough proteins and dairy.
- Try to avoid eating too many fatty or sugary foods. They can make you unhealthy and can damage your teeth.





Where Food Comes From

Food Sources

A food source is the place where a food comes from;
Food comes from plants and animals.

It is important to know exactly where our food comes from, e.g.

- **Pork, bacon and most sausages come from pigs.** 
- **Eggs and chicken come from hens/chicken.**
- **Tomato sauce and tomato puree is made from tomatoes.** 
- **Chips, wedges and fries come from potatoes.**
- **Milk, butter, cheese and beef come from cows.**
- **Fruit and vegetables come from different types of plants.**

In order for us to get food, we need to grow it, raise it, or catch it.

Key Vocabulary

- Food
- Nutrition
- Equipment
- Ingredients
- Recipe
- Food Group
- Balanced Diet
- Food Source
- Mixing
- Weighing
- Baking
- Grilling
- Health & Safety

Who are you cooking for? What ingredients do you need?

Do you have a plan? Are you prepared? Do you know how to use tools safely?

What went well? What do other people think?



Food from Around the World

The foods we eat can come from all over the world. Below are examples of where your food may come from.

USA:
Wheat

Colombia:
Cocoa for chocolate



Italy:
Pasta

China:
Bananas

India: Herbs and Spices

Many foods are also made in the UK!



-Farms up and down the country grow fruit and vegetables and raise animals for meat and dairy.

-Wild plant and animal food can be found in the countryside.

Health and Safety

-Remove any jewellery and tie back long hair.

-Wear an apron and roll up your sleeves.

-Wash your hands with hot water and antibacterial soap.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods.

Check that food is cooked right the way through.

Check the dates on food, and check for allergies of those eating.

Make sure that you clean up properly after yourself.