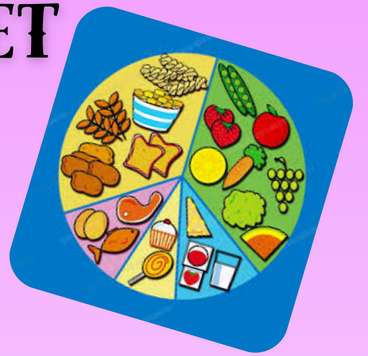
DESIGN AND TECHNOLGY KNOWLEDGE MAP

CAN YOU DESIGN AND MAKE A WRAP THAT DEMONSTRATES A BALANCED DIET FOR YOU?

COOKING AND NUTRITION – BALANCED DIET







SKILLS I NEED:

- ·NAME THE MAIN FOOD GROUPS AND IDENTIFY FOODS THAT BELONG TO EACH GROUP.
- ·DESCRIBE THE TASTE, FEEL AND SMELL OF A GIVEN FOOD.
- ·THINK OF THREE DIFFERENT WRAP IDEAS, CONSIDERING FLAVOUR COMBINATIONS.
- CONSTRUCT A WRAP THAT MEETS THE DESIGN BRIEF AND THEIR PLAN.

balanced	A healthy mixture of different kinds of food.
diet	The types of food someone eats.
evaluate	To study something carefully and decide if it is good or bad.
feel	The way something seems when you touch it.
grate	To break food such as cheese into small, thin pieces.
menu	A list of food and drinks that you can order.
review	To give an opinion about something.
smell	Information we detect about something using our nose.
snip	To make small cuts with scissors.
spread	To cover something with soft food.
taste	The flavour of a food.