

Cooking and nutrition - A balanced diet

Key facts

The five different food groups are:

1. Carbohydrates.
2. Fruits and vegetables.
3. Protein.
4. Dairy.
5. Oils and spreads.



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.

Skills



cutting



grating



spreading



snipping



taste testing

A balanced diet means eating lots of foods from different food groups.

