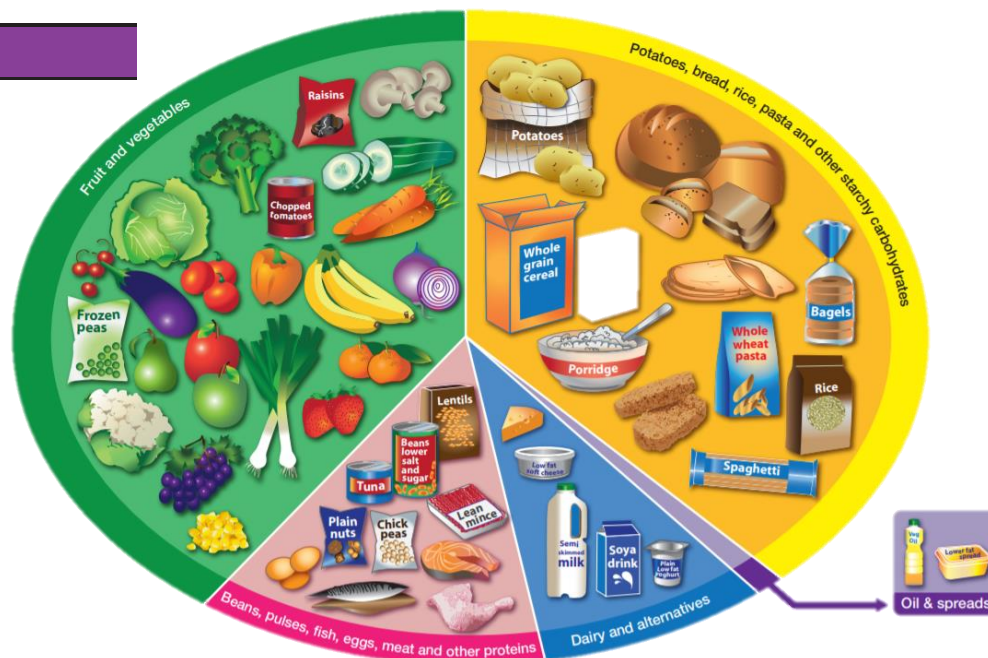


Key Vocabulary	
seasonal	Something which occurs during a particular period in the year e.g. seasonal vegetables.
category	A class or division of things regarded as having particular shared characteristics.
nutrients	Nutrients are found in food and essential to life and health. They providing us with energy- the building blocks for repair and growth.
variety	The quality of being different or diverse.
equipment	The necessary items for a particular purpose.
carbohydrates	A substance (as a starch or sugar) that is rich in energy and is made up of carbon, hydrogen, and oxygen.
savoury	Food which belongs to the category that is salty or spicy rather than sweet.
protein	A nutrient found in food (as meat, milk, eggs, and beans)
dairy products	Foods which are made from milk such as; butter, yoghurt, cream and ice cream.
fruit	A fruit is something which grows on a tree or bush and which contains seeds or a stone covered by a substance that you can eat.
vegetable	A plant or part of a plant used as food, such as a cabbage, potato, turnip, or bean.
food hygiene	Food hygiene is all about preventing the spread of bacteria that can cause disease.

Eatwell Guide



The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

Where Our Food Comes From

Grown

Caught food generally refers to the process of catching fish. This means they have been caught in the wild using nets, hand lines, divers or traps to help catch different seafood.

Caught

Caught food generally refers to the process of catching fish. This means they have been caught in the wild using nets, hand lines, divers or traps to help catch different seafood.

Reared

Caught food generally refers to the process of catching fish. This means they have been caught in the wild using nets, hand lines, divers or traps to help catch different seafood.

Processed

Caught food generally refers to the process of catching fish. This means they have been caught in the wild using nets, hand lines, divers or traps to help catch different seafood.



