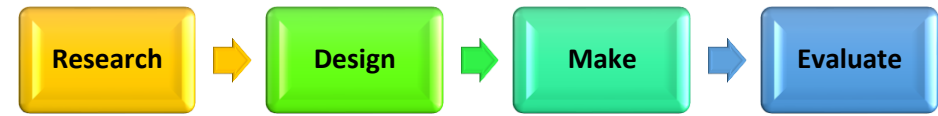


Cooking and nutrition: LKS2



Cool cooking and nutrition vocabulary!

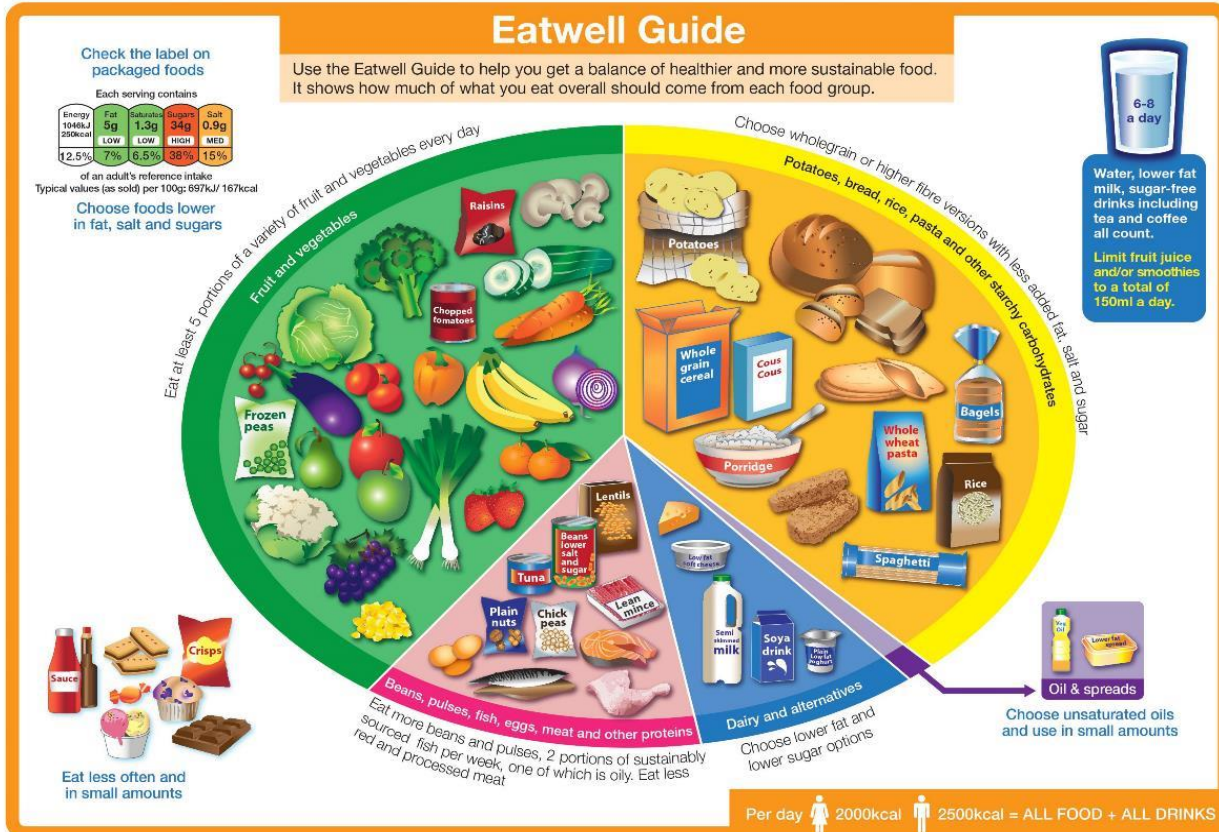
hygiene	Actions which maintain good health and prevent the spread of disease and bacteria.
safety	Protecting yourself or others from risk of danger or injury.
baking	To cook food by dry heat. Baking does not expose food to a flame.
healthy foods	A natural, balanced food which aids health, growth and repair.

Year 3

✓ Create a healthy dish by understanding the components of a healthy balanced diet.

Year 4

✓ Create a healthy series of dishes using various cooking techniques such as baking.



Eat well guide!

Sweet and savoury healthy baking!

