



### Key facts to learn:

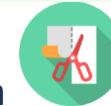
- Topic - Great Explorers
  - A balanced diet for a Great Explorer
  - What a healthy wrap looks like based on a food combination which work well together
  - How to slice food safely
  - Designing a wrap based on a design brief
  - Understanding what makes a balanced diet
  - Knowing the five food groups

### Key skills to do:

- Chopping food safely to make a wrap
- Taste testing food combinations and final products
- Tasting and evaluating different food combinations
- Describing appearance, smell and taste
- Suggesting information to be included on packaging
- Describing the information that should be included on a label
- Knowing where to find the nutritional information on packaging

### Words to know and spell (Tier 2 Vocabulary)

Slice	Packaging	Food
Design	label	Wrap
Healthy	Smell	Taste



### Jellyfish – Cooking and Nutrition

### Words to understand and spell (Tier 3 Vocabulary)

<b>Explorer</b>	A person who explores an unfamiliar area
<b>Balanced</b>	Different food groups in correct proportion
<b>Identify</b>	To indicate what something is
<b>Texture</b>	The feel or appearance of something
<b>Final</b>	Coming to an end
<b>Appearance</b>	The way in which something looks
<b>Difference</b>	The way in which things are not similar
<b>Grouping</b>	The act of putting things into groups
<b>Evaluate</b>	To form an idea and assess
<b>Nutrition</b>	Have food for growth and health
<b>Combinations</b>	Joining of different qualities

### Concept check questions. Test yourself:

- What are the five food groups?
- How could you plan a taste testing session?
- Which foods are a good combination for a wrap?
- Can you describe what makes a balanced diet?
- How would you slice food safely?