

Welcome to :
Food & Nutrition



The Food & Nutrition Team:
Mrs Watcham :Head of Faculty
Mr Ramage :Teacher

HEALING
SCHOOL



A Science Academy

What you are going to learn in Year 7:

You'll be learning lots in Food & Nutrition, through interesting and fun activities including practical food work. Key areas in Year 7 include learning:

- ⇒ where food comes from
- ⇒ how to prepare and cook a range of dishes safely and hygienically
- ⇒ knowledge and understanding of ingredients and healthy eating

An introduction to Food & Nutrition:

Safe and nutritious, that is what Food & Nutrition is all about.

Safety is about preventing accidents for you and others and **food hygiene** means keeping everything clean to make sure our food is safe to eat and won't make us ill.

What illness can we get from eating food that is not safe?



To Do: Circle the **safety** and **food hygiene** hazards you can see in the image above.

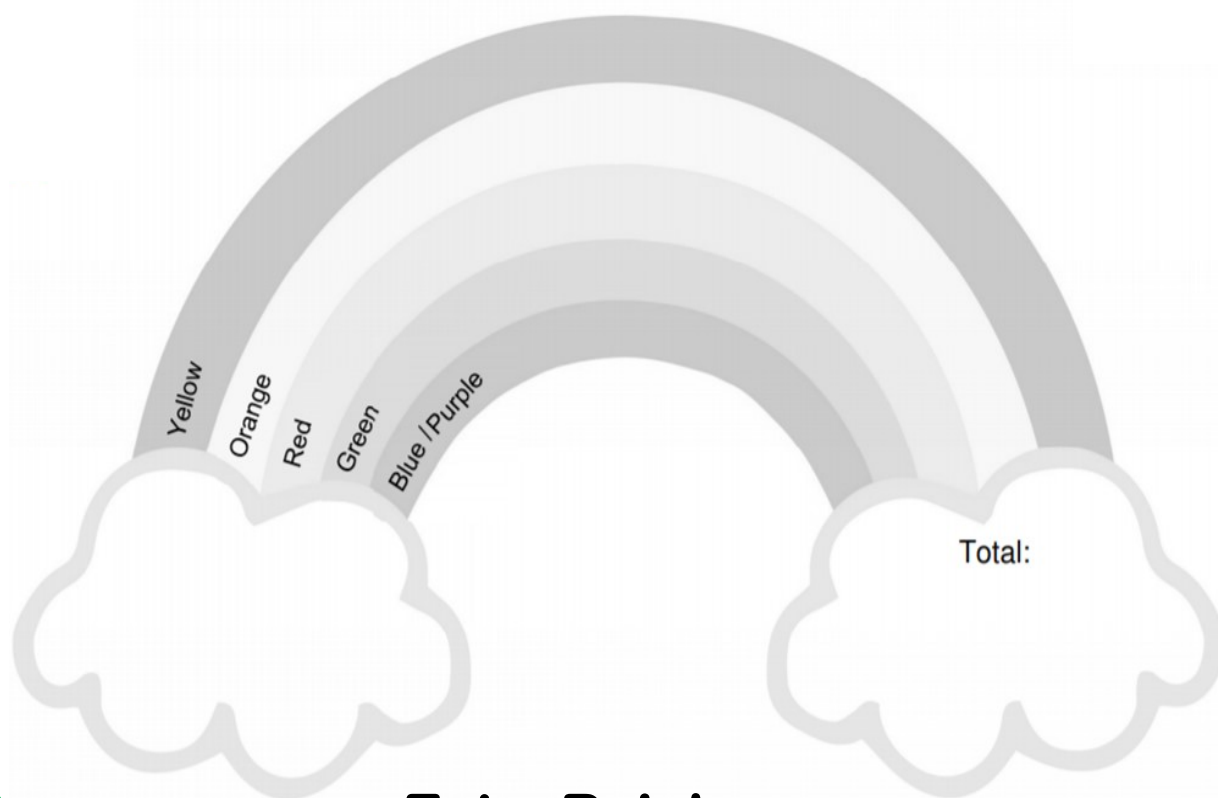
Nutrition starts with us eating a **balanced diet**. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. As part of this we should **eat at least 5 portions of a variety of fruit and vegetables every day**.



To Do: Write in or draw all the fruit and vegetables you have in a day.

Add up the total number of servings you have and write in the cloud.



Eat a Rainbow

Topics I have already studied in Food & Nutrition: