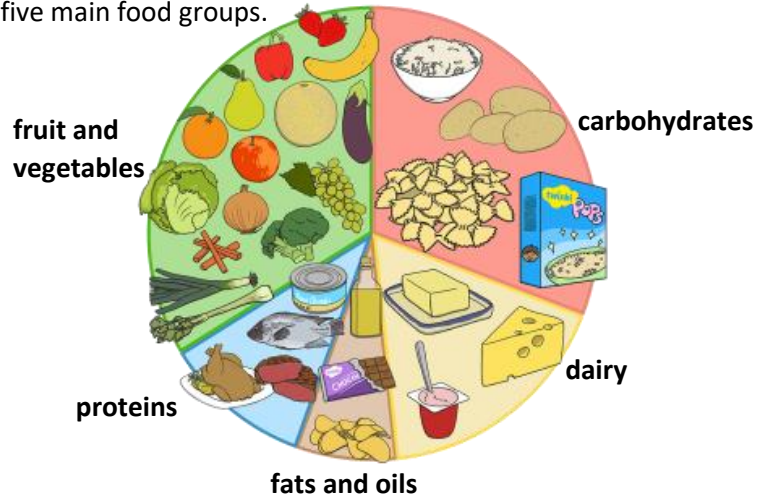




A Healthy Diet

We all need energy to live and food provides us with energy. The amount of energy in food is measured in calories. It is recommended that we get our energy from all five main food groups.



Techniques

There are lots of different ways we can prepare and present food using the bridge or claw cutting method.

dicing



shredding



tearing



slicing



mincing



grating



user



design criteria



product



iterative process



nutrition



evaluate



Key Questions

What are the benefits of the different food groups? [find out more](#)

How can I make couscous at home?

Click the dish to find a recipe.



Key Vocabulary	Meaning
seasonal food	food that is only available at certain times of the year
pre-cooked	food prepared in advance which can be eaten hot or cold
healthy diet	a balanced diet which includes: proteins, carbohydrates, fats and oils also fruit and vegetables
herbs	mainly green leaves, used to add extra flavour
aesthetics	visual appeal and presentation

Did you know

Couscous...

- is made from crushed wheat called semolina
- looks like a grain but it's actually a type of pasta
- is super-fast to cook; it's ready in 5 minutes
- originated from North-Africa
- can be eaten in many different ways: savoury, cold and sweet
- is often seasoned with many different spices

