

FINHAM PARK 2: FOOD PREPARATION AND NUTRITION



Hi, welcome to Food Preparation and Nutrition at Finham Park 2.

My name is Chef Hartshorn, I can't wait to welcome you to our amazing kitchen and to get cooking.

I have set you a challenge, the best chefs are also scientists and knowing nutrition is essential to good cooking.

As with everything in the kitchen, give it your very best effort, your very best work. So go on the link or scan the QR code and show me your best effort.

Looking forward to seeing you in the kitchen

http://www.youtube.com/watch?v=P4n_qtkb54

Eatwell Plate Video 1

1. What are the 5 categories of the 'Eatwell Plate'?
2. What are starchy foods a good source of? Give examples
3. Identify one nutrient you get from foods in the milk and dairy category. Give examples of foods in this category.
4. Give examples of foods that come in the meat and fish category
5. What does this category provide us with?
6. Why should we not eat too much from the fat/ sugar category?
7. What does this group provide for us?
8. What is a balanced diet? Why should we eat a balanced diet?
9. What are the 8 guidelines for a balanced diet?
10. Why are we encouraged to eat '5 a day'?
11. Explain how fruit and/ or vegetables can be incorporated into breakfast, lunch and dinner in order to eat healthy.
12. Give 3 tips for a healthy diet