



Year 6 Design & Technology - Autumn Term 1: Food For Life



1. A **processed** food is changed during preparation and includes processes. Pros of processed foods include **convenience** and **availability**. Cons include a lack of **nutrients** and unhealthy ingredients.

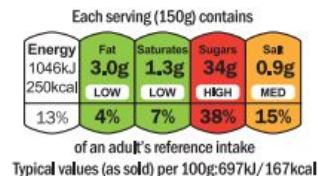


2. Sliced bread is processed. It can contain many more **ingredients** than homemade bread, including **preservatives** and artificial ingredients. Yeast is a leavening agent that makes bread rise.

3. A **recipe** provides information to prepare a dish, including ingredients, quantities and a method. They may also contain **nutritional** information.

4. Eating a balanced **diet** is a positive lifestyle choice that should be **sustained** over time. Food that is high in fat, salt or sugar can still be eaten occasionally as part of a **balanced** diet.

How can food choices help us to sustain healthy lifestyles?



5. Food **preparation** techniques include: chopping, slicing, dicing, kneading and mashing, and cooking techniques, such as boiling, roasting, frying and baking.



6. **Evaluating** a product while it's being manufactured, and explaining these evaluations to others, can help to refine it.

availability	balanced	convenience	diet	evaluating	ingredients
nutrients	nutritional	preparation	preservatives	processed	sustained