

Year 5

Healthy Me

Knowledge Organiser

Can you confidently and safely work in the kitchen to make healthy food products?

Sandwich, salad, cereal bar, bread



Keywords:

- Protein
- Fat
- Dairy
- Vitamins
- Minerals
- Balanced diet
- Exercise
- Healthy
- Vegetables
- Salad
- Smoothie
- Cereal
- Carbohydrate
- Fibre
- Safety
- Hygiene
- Equipment
- Measuring
- Weighing
- Design
- Fruit
- Sandwich
- Blend
- Flapjack



Dairy	Vegetables	Fruits	Grains	Protein
Milk, Yogurt, Cheese			Bread, Cereal, Pasta	Meat, Beans, Nuts
Milk Yogurt Cheese Chocolate Milk Cottage Cheese String Cheese Smoothie Pudding	Broccoli Asparagus Bell Peppers Corn Avocado Carrots Spinach Sweet Potatoes Tomatoes	Strawberries Apple Banana Blueberries Orange Juice Watermelon Grapes Mango Pear	Tortillas Cereal Rice Pasta Popcorn Crackers Bagel Oatmeal	Eggs Tuna Hamburger Nuts Chicken Tofu Beans Salmon Pork Chops