

How can I be a healthy chef?

Outcome

To create a cooking video for a healthy meal to share with one of my friends.

Flourishing

- To know what foods are good for us (healthy)
- To take responsibility for my own well-being
- To help my friends with their healthy eating
- Effective communication to create the best video I can be.

To be an expert I need too...

- know the difference between healthy and unhealthy
- recognise different food groups
- be an effective communicator
- give clear instructions

Vocabulary

Healthy

Unhealthy

Instruction

List

Recipe

Equipment

Responsibility

Effective communication

Food groups

Fruit

Vegetable

Dairy

Meat

Fish

Carbohydrates

Treat

Balanced

Unbalanced

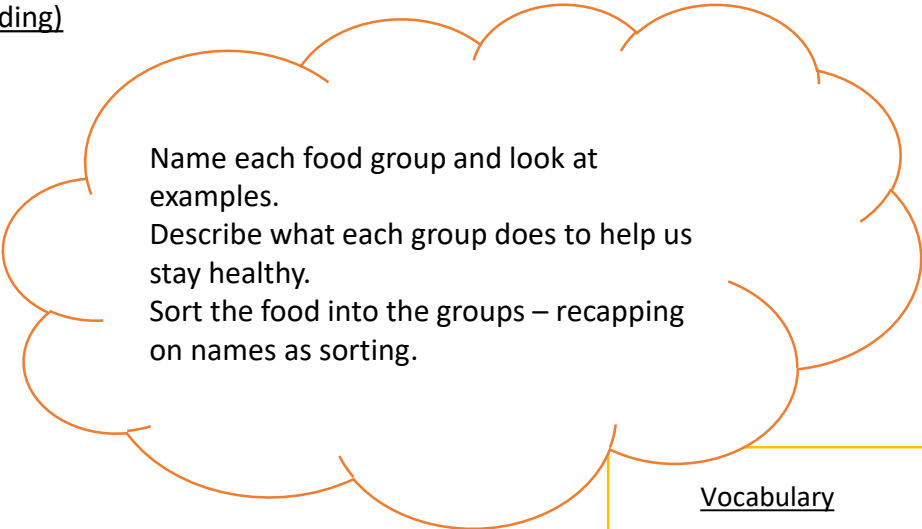
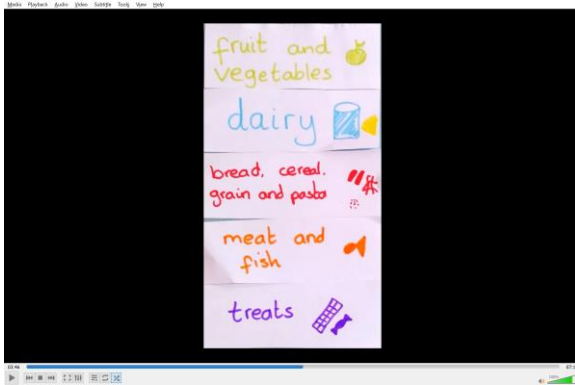


To know the importance of a balanced diet. (remembering/ understanding)

I can list the food groups

I can describe the benefits of each food group

I can sort foods into the correct group



Name each food group and look at examples.

Describe what each group does to help us stay healthy.

Sort the food into the groups – recapping on names as sorting.

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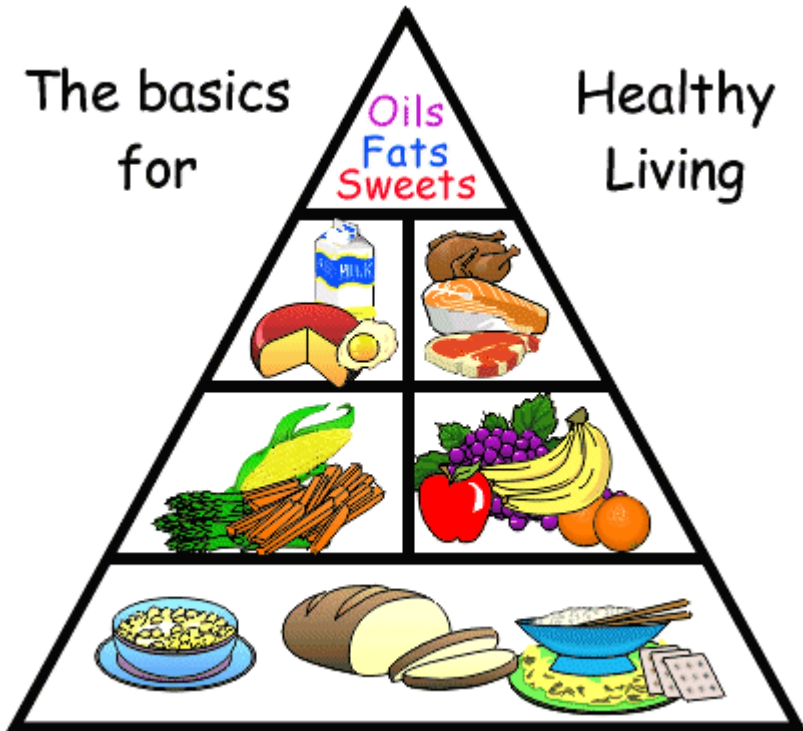
Balanced

Unbalanced

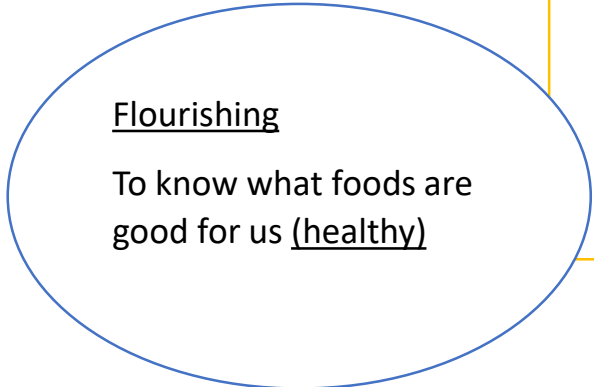
The basics
for

Oils
Fats
Sweets

Healthy
Living



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Flourishing

To know what foods are good for us (healthy)