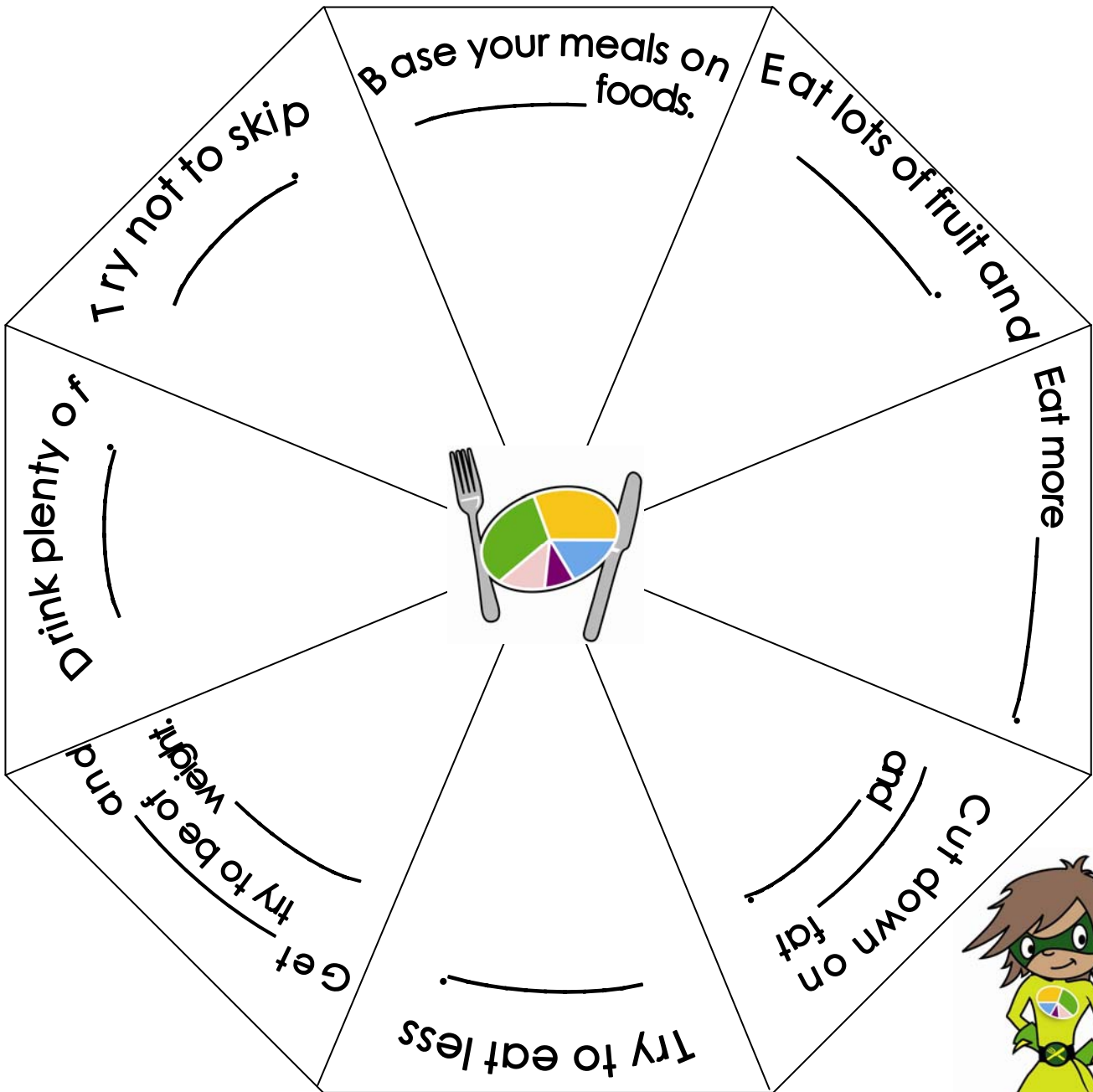


Eight tips for eating well

Name: _____

Date: _____

Do you remember the eight tips for eating well? Fill in the blanks below and draw a picture for each tip.



Food choice

Name: _____

Date: _____

Name some foods that people may not eat for the reasons below.

Allergy

Religion

Culture



Compare food prices

Name: _____

Date: _____

When you next help shop, compare the prices of the foods listed below. Also find out the costs for 4 other foods.

Food	Amount	Price		
		Lowest	Highest	Difference
Loaf of bread	1	£	£	£
Rice	500 g	£	£	£
Potatoes	1 kg	£	£	£
Pasta	500 g	£	£	£
Apples	1 kg	£	£	£
Bananas	1 kg	£	£	£
Onions	1 kg	£	£	£
Orange juice	1 Litre	£	£	£
Milk	2 pints	£	£	£
Cheddar cheese	250 g	£	£	£
Chicken breast	500 g	£	£	£
		£	£	£
		£	£	£
		£	£	£
		£	£	£



Food adverts

Name: _____

Date: _____

Cut out some food adverts you see in newspapers or magazines.
How are they persuading you to buy the food?
What do you like or dislike about them?

Name of food:

Paste food advert here

Name of food:

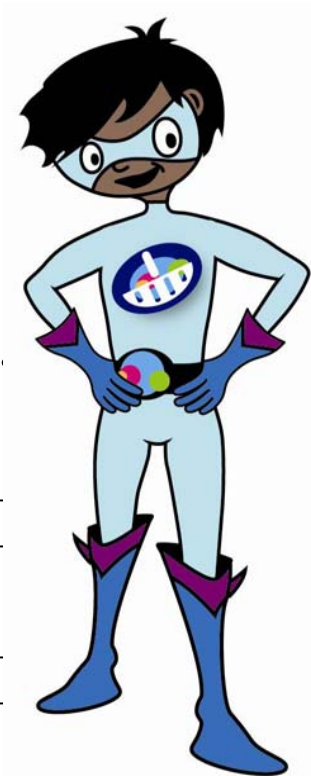
Paste food advert here

What do you think makes this persuasive?

Things I like or dislike about this advert:

What do you think makes this persuasive?

Things I like or dislike about this advert:



My food advert

Name: _____

Date: _____

Design an advert for your favourite food. What did you do to make it attractive? What do your friends think?



What does a food label tell you?

Name: _____

Date: _____

Do you know what a food label tells you?
Fill in the blanks with the correct words.



N_____	
Information	
(per 100g)	
Energy	1518 kJ/ 359 kcal
Protein	9.3 g
Carbohydrates	70.0 g
of which sugars	25.0 g
Fat	4.6 g
of which saturates	0.6 g
Fibre	8.9 g
Sodium	0.25 g

N____ of product:
Fruit and nut cereal flakes

S_____
Store in a cool, dry place.

A_____ information:
Product contains nuts.

B____ B_____
30 June 2010

Name and a_____
of manufacturer:
Produced by
Healthy Foods Co.
London WC16RQ

W_____ of product:
450 g

I_____
Wholegrain Wheat (73%),
Sugar, Currants (11%),
Roasted Sliced Nuts (4.6%)
(Hazelnuts and Almonds),
Salt, Flavouring, Niacin, Iron,
Thiamin (B1), Riboflavin (B2),
Folic Acid.



Dishes from around the world

Name: _____

Date: _____

List five countries and name a local dish. Find or draw a picture of the dish.

Country	Name of dish	Picture of dish




Kitchen equipment and cooking skills

Name: _____

Date: _____

Fill in the blanks with the correct kitchen equipment and cooking skills. Use the word bank to help.

<p>I use</p> 	a _____	<p>to</p>	cook a stir-fry.
	a grater		_____ cheese.
	a _____		roll out pastry.
	_____		pick up hot foods.
	a saucepan		_____ potatoes.
	a _____		serve soup.

Word bank:

boil

rolling pin

ladle

wok

grate

tongs

Food safety

Name: _____

Date: _____

Are you safe when you prepare, cook and store foods? List the different ways you keep safe.

To get ready to cook, I...

To cook safely, I...

To store foods safely, I...



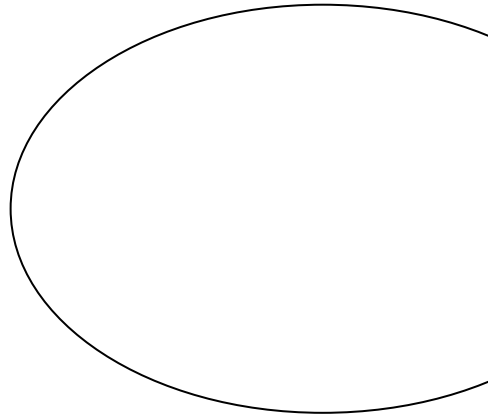
Storage instructions

Name: _____

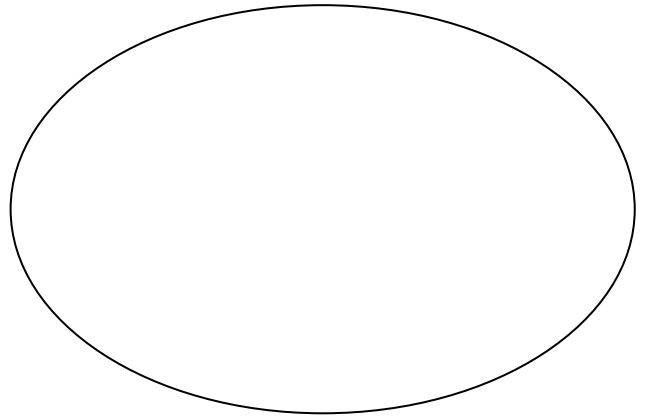
Date: _____

List 3 different ways to store foods. Draw a picture to show the foods that can be stored each way.

Storage instruction 1:



Storage instruction 2:



Storage instruction 3:

