



Year 5 – Cooking and Nutrition

Element 1 – Cooking and Nutrition

Cooking – We all love eating it, but how many of us get involved in actually cooking itself? Cooking is such a good skill to learn and one that you will certainly need later in life. One of the most important things about cooking is being able to use equipment safely and for its intended purpose (the correct equipment for the correct job).

Different pieces of equipment and what they are used for:

Peeler: Use this to peel the skin/outer layer of things like apples and potatoes.



Palette Knife: This is used, generally when baking, to spread evenly over food.



Grater: Used to grate firmer foods into strips/smaller pieces such as carrots and cheese.



Of course, these are only a few pieces of cooking equipment – how many more do you have in your kitchen at home – do you know what they are used for and how to use them?

Nutrition:

The definition of nutrition is: the process of providing or obtaining the food necessary for health and growth. So basically – choosing nutritious foods will help keep you healthy and growing well.



Examples of nutritious foods: All different fruits, vegetables and berries are classed as nutritious as they all have different qualities that help keeps us healthy and our bodies growing in the right way.

Choosing nutritious foods is all part of making healthy eating choices and understanding how this needs to be part of a balanced diet. See the 'Eat Well' plate below which shows you the 'suggested amounts' of each food group that should be part of a balanced meal.



Element 1 – Closed Test

- 1) What is one of the most important parts of cooking?
- 2) What would you use a palette knife for in cooking?
- 3) Define nutrition.
- 4) Name the three most nutritious types of food.
- 5) Which two parts of the 'Eat Well' plate are the largest? Do you know why?

Element 2

Your challenge is to either design, and/or make (with adult supervision) a meal that you believe matches the 'Eat Well' plate.

Can you write down at least 3 of the different pieces of equipment you have used and what they are for?

Don't forget to take a picture of your design/meal and send it in to school!

