



# DT Knowledge organiser - Food and Nutrition Fun Faces

## Key Vocabulary

<p><b>Eatwell Guide</b></p> 	<p>A model that shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet</p>
<p><b>Ingredients</b></p>	<p>Foods that are combined to make a dish</p>
<p><b>Equipment</b></p>	<p>Tools used for a particular purpose</p>
<p><b>Recipe</b></p>	<p>A list of ingredients and instructions for making a food dish</p>
<p><b>Exercise-</b></p> <p>Exercise is great for our bodies!</p>  <ul style="list-style-type: none"> <li>Happy Mind</li> <li>Healthy Heart</li> <li>Healthy Lungs</li> <li>Strong Muscles and Bones</li> </ul>	<p>Keeping the body healthy through being active</p>
<p><b>Evaluate</b></p>	<p>To work out how good something is</p>



### Hygiene rules

