



## Cooking and Nutrition

In Year 5 we will make  
Waldorf Salad

### In Year 5 we will:

- 1) Adapt a recipe to make it healthier by substituting ingredients.
- 2) Use a nutritional calculator to see how healthy a food option is.
- 3) Identify and describe healthy benefits of food groups.
- 4) Understand that 'cross-contamination' means bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects
- 5) Follow a step by step method carefully to make a recipe.
- 6) Cut and prepare vegetables safely.

### Key Vocabulary from Year 5:

**Adaptation / adapt** = the process of changing something

**Cross-contamination** = when something harmful spreads from one food to another

**Hygiene** = keeping things clean to prevent illness

**Ingredients** = the foods a recipe is made from

**Nutrient** = substances that help living things stay healthy and grow

**Nutritional value** = the nutrients a food or recipe provides

**Process** = a series of actions

