

Key Vocabulary

- **Design** - to plan and draw an idea
- **Make** - to create something
- **Evaluate** - to think about how good something is
- **Ingredients** - the foods used to make a dish
- **Healthy** - good for your body
- **Traditional** - something from the past
- **Pottage** - A thick soup containing vegetables and often meat.
- **Nutrients** - Substances in food that our bodies process to live and grow.
- **Seasonality** - The time of year when food is at its best in terms of flavor and harvest.
- **Cross-Contamination** - When bacteria is transferred from one substance to another.
- **Claw Grip** - Curling your fingers together into a claw shape to grip food, to cut.

What did Anglo-Saxons eat?

- Bread (often made from barley or wheat)
- Pottage (a thick soup or stew with vegetables and grains)
- Meat (if available: pork, chicken, fish)
- Vegetables (onions, leeks, cabbage)
- Fruits (apples, berries, nuts)
- Honey (used instead of sugar)



What is a Healthy Diet?

We need a balanced diet to stay healthy:

- **Carbohydrates** – give us energy (e.g. bread, grains)
- **Protein** – helps us grow strong (e.g. meat, beans)
- **Vitamins & Minerals** – keep our bodies working well (e.g. fruit, vegetables)
- **Dairy** – helps bones and teeth (e.g. milk, cheese)
- **Fats & Sugars** – small amounts only



Food Safety & Hygiene

- Wash hands before cooking
- Tie back long hair
- Clean surfaces
- Use equipment safely
- Ask an adult for help when needed

Different cleaning cloths need to be used for different surfaces – raw meat, eggs and soil can contain harmful bacteria. This is to avoid cross-contamination.



Remember...

Oven gloves should be worn when removing items from an oven. Saucepans should point inwards on a hob.



Seasons are different in different places. Therefore, foods are in season in different places at different times of the year.

Spring
(March, April, May)



Summer
(June, July, August)

Autumn
(September, October, November)



Winter
(December, January, February)

