



Design and Technology – Global Foods



Nutrition: make healthy eating and ethical decisions based on reading ingredients, knowing method of production, packaging and country of origin.

Vocabulary

- **Proteins:** Proteins help our bodies grow strong. It's like the building blocks for our muscles.
- **Carbohydrates:** Carbohydrates give us energy to play and run around. They're like fuel for our bodies.
- **Nutrition:** Nutrition means eating healthy foods that help our bodies grow and stay healthy.
- **Ingredients:** Ingredients are the different things we use to make food. Like flour, sugar, or eggs when baking a cake.

Lesson 1 – Can I identify where ingredients come from?

Lesson 2 – Can I plan a healthy and varied diet?

Lesson 3 – Can I explain why rice is nutritionally beneficial?

Lesson 4 – Can I plan a fair trade breaktime?

Lesson 5 – Can I prepare traditional Mexican foods?

Lesson 6 – Can I prepare traditional German foods?



Rice is rich in vitamins such as riboflavin, niacin, thiamine and vitamin B6. These crucial vitamins are responsible for developing the skin, nervous system, vision and converting the consumed food into energy.



- A Mexican food, traditionally, salsa is a tomato-based dish with onions, chilies and herbs.
- Although avocado is the main ingredient of guacamole, the Mexican dip typically features other ingredients such as onions, garlic, lime juice and tomatoes.



Fair trade is a worldwide movement that aims to help farmers and producers in less economically developed countries (LEDCs). The term fair trade means that they receive a fair price for the goods that they produce.



Pretzels are a type of German bread typically made from wheat or rye flour and a few other ingredients, such as yeast, sugar, salt, water, and butter.

