

## KEY KNOWLEDGE

Nutrients are in food, we cant see or taste them but we need them in our bodies.

1Tsp (Teaspoon) = 5ml

1Dsp (dessertspoon) = 10ml

1Tbsp (tablespoon = 15ml

Fridge 0-5°C

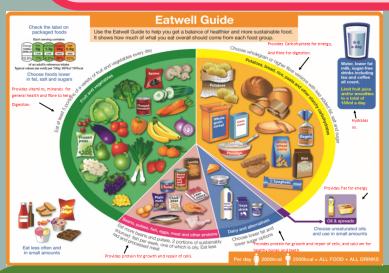
Freezer -18°C

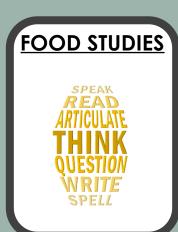
Danger Zone 5-63°C

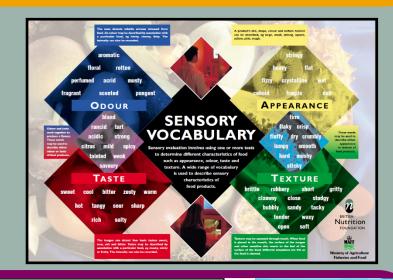


https://www.bbc.co.uk/bitesize/topics/zrdtsbk/resources/1 - KS3 Food Technology

https://www.nutrition.org.uk/ - Basics of nutrition







Hygiene KE	Y VOCAB Nutrient	Bacteria	Safety	Weigh
Ambient	Balance	Protein	Carbohydrate	Fat
Fibre	Vitamin	Mineral	Design	Describe

## Label check.

Name of part (Pepper)

Appearance (Colourful)

Texture (juicy)

Taste (sweet

health

Nutrients and job in the body (provides fibre for digestion and vitamins and mineral for general

