

Selby Community Primary School Subject Knowledge Bank

Year 5 DT: Cooking: Healthy sweet snack

| Key Vocabulary: | |
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| recipe | A list of ingredients and instructions to make a food |
| texture | The feel or look of a food |
| hygiene | The practice of keeping clean to stay healthy and prevent disease |
| ingredient | One of the parts of a mixture |
| diet | The food and drink normally eaten by a human or animal |
| aftertaste | A lingering sensation, the taste in your mouth after you have swallowed food |
| binding | An ingredient which holds other ingredients together |

| Key Facts: | |
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| 1 | Cereal bars can be a healthy breakfast if they are made from the right ingredients. |
| 2 | Cereal bars are packaged to give the impression that they are healthy, however to decide if they are good for us it is a good idea to look at the nutritional information on the packaging. |
| 3 | By combining dry and sticky ingredients, we can create a cereal bar easily. |



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