



Key vocabulary and information

Picnic	An occasion when a packed meal is eaten outdoors, especially during an outing to the countryside.
Balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Fridge	A fridge is a large metal container which is kept cool, usually by electricity, so that food that is put in it stays fresh.
Freezer	A refrigerated cabinet or room for preserving food at very low temperatures.
Oven	An enclosed compartment, usually part of a cooker, for cooking and heating food.
Fruits and vegetables	Fruits and vegetables are high in vitamins, minerals and fibre. Children should be encouraged to eat a variety of fruits and vegetables which provides a rich source of antioxidants, instead of sugary snacks and fast food, which are high in fat and sugar.
Carbohydrates	A substance (as a starch or sugar) that is rich in energy and is made up of carbon, hydrogen, and oxygen.
Protein	a nutrient found in food (as meat, milk, eggs, and beans) that is made up of many amino acids joined together, is a necessary part of the diet, and is essential for normal cell structure and function
Fats	The body uses fat as a fuel source, and fat is the major storage form of energy in the body. Fat also has many other important functions in the body, and a moderate amount is needed in the diet for good health.
Sugars	Sugars are a type of simple carbohydrate. They have a sweet taste. Sugars can be found naturally in fruits, vegetables, milk, and milk products. They are also added to many foods and drinks during preparation or processing.

To have a successful picnic:

- Understand the importance of correct storage and handling of ingredients (using knowledge of micro-organisms).
 - Measure accurately and calculate ratios of ingredients to scale up or down from a recipe.
 - Demonstrate a range of baking and cooking techniques.
 - Create and refine recipes, including ingredients, methods, cooking times and temperatures.
- Most importantly, have fun!



Food Groups

Fruit and vegetables – Eat lots! About 5 portions per day. Good for vitamins, minerals and fibre. Fresh, tinned and juices all count.

Carbohydrates – Include in every meal. Good for energy, vitamins, minerals and fibres.

Protein – Good for muscle building, vitamins and minerals.

Fats and sugars – Only eat occasionally and in small amounts. Good for energy and fat reserves in small amounts.