



*The Robert Sutton Way  
Academic excellence,  
Spiritual development &  
Social awareness through  
Christ*

# Subject: Food and Nutrition

## Topic: Healthy Eating

Name: \_\_\_\_\_

What you will need to complete this project:



### Ingredients

2 slices of bread

Tomato puree/BBQ sauce/ketchup

2 vegetables of your choice & or

Cooked meat

Small amount of cheese

The ability to take a photograph if possible  
Your taste buds!





Yes No

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Yes No

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Yes No

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Yes No

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Yes No

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Yes No

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Yes No

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Yes No

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Which foods would you eat as part of a healthy, balanced diet ? Circle yes /no.  
Explain why would you would/would not choose them?

# The Healthy snack Challenge

Use the grill safely

Selection of correct equipment

Demonstration of Hygiene and safety



Looking for 3 skills: Cutting, spreading, and reading the recipe

Ingredients selected correctly



What do we use the grill for?  
What sources provide heat to the grill? Are the renewable?



# ONLY COOK IF THERE IS AN ADULT WITH YOU

## Pizza Toast



1. Place 2 slices of bread onto a baking tray.



2. Spoon  $\frac{1}{2}$  tablespoon of your chosen sauce onto the bread and spread with a palette knife or the back of a metal spoon.



3. Slice/dice on a white chopping board using a sharp knife, your chosen toppings into small pieces.



4. Sprinkle the toppings evenly onto your bread base.



5. Sprinkle grated cheese on to the top of the toppings.



6. Using oven gloves and place under the grill until the cheese melts and turns a golden colour.

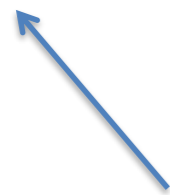
# Food sources

<https://www.youtube.com/watch?v=y8vLjPctrCU>

Watch the clip on your tube - Baked Bread: how flour is made (Tesco) and complete the questions below extending the mind map.

Where does it come from?

How is it made?



What is it made from?

What nutrients (goodness) does it have?

What is it made from?



Where does cheese come from?  
What is then key ingredient in bread? Where does it come from?

Stick a photo of your pizza toast here.

## Evaluation of your pizza toast

If possible, take a picture of your pizza bread and stick it in the space opposite.

Once you have eaten and enjoyed your pizza toast select some of the key sensory descriptive words that best describe your product.

EBI : You can add your own descriptive work in the space below.

### Appearance

Useful words to describe appearance:

stringy	firm	dry
heavy	flaky	crumbly
flat	crisp	lumpy
fizzy	fluffy	smooth
hard	mushy	crystalline
dull	sticky	fragile

### Odour

Useful words to describe odour:

aromatic	pungent
spicy	floral
bland	tainted
perfumed	rancid
savoury	rotten
tart	citrus
strong	mild

### Taste

Useful words to describe taste:

sweet	cool	bitter
umami	zesty	warm
hot	tangy	sour
sharp	rich	salty
bland	rancid	tart
acidic	strong	citrus
mild	spicy	savoury
tainted		weak

### Texture

Useful words to describe texture:

Brittle	rubbery	short
gritty	close	stodgy
sandy	tacky	bubbly
tender	waxy	open
soft	firm	flaky
crisp	fluffy	lumpy
dry	crumbly	smooth
hard	mushy	sticky

Add your own key  
descriptive words here.