

# Knowledge Organiser: Snack Attack



## Key Vocabulary

**Eatwell Guide**- A model that shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet

**Ingredients**- Foods that are combined to make a dish

**Recipe**- A list of ingredients and instructions for making a food dish

**Research**- To find information out about something

**Seasonal Food** - Food that is ripe and ready in a particular season

**Investigate**- To study something to find out the information

**Consolidate**- To combine a number of things

## Crudité's and dips make a great snack!

Carrots, peppers, celery, cucumber, baby sweetcorn are great for dipping. Choosing foods that are in season and can be grown locally, make this choice even better for our bodies and the environment. Remember to strive for 5!

Carbohydrates such as breadsticks, pitta bread and crisp breads are great for dipping too.

Dips can contain a variety of healthy ingredients from across the food groups. For example: avocado and peas (fruit and vegetables); eggs and salmon (protein); and yoghurt and soft cheese (dairy)



## Healthy snack choices



Fruit  
Vegetables  
Toast  
Rice cakes  
Crackers  
Breadsticks  
Cubes of cheese  
Yoghurts  
low fat dips

## Less Healthy snack choices



## Don't forget our kitchen hygiene rules:

	tie back our hair.		wash hands thoroughly with hot, soapy water.
	roll up our sleeves.		wear an apron.
	remove any jewellery.		not cough or sneeze over food.
	cover open cuts with a brightly coloured plaster.		

## Key Points

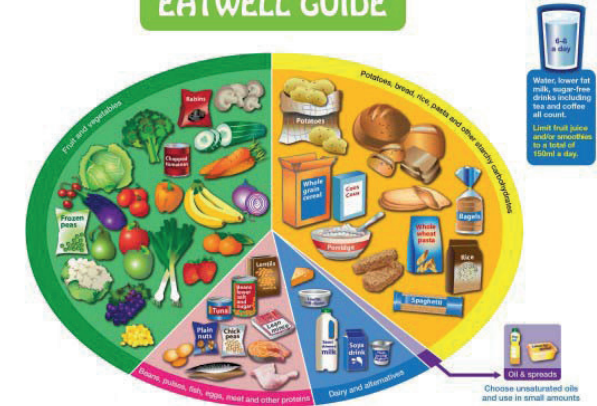
- Some snacks contain high amounts of salt, sugar and fat and too much of these are not good for our bodies. Eating excessive amounts of these over a period of time can increase the risk of diabetes, obesity and other long-term illnesses.
- Food labels tell us if a food has high, medium or low amounts of fat, saturated fats, sugar and salt.

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

## EATWELL GUIDE



## Healthy Snack Choices:

- Choose snacks from the fruit and vegetable and carbohydrate sections of the Eatwell Guide
- Choose snacks with green traffic lights on the labels
- Choose water or milk to drink

## What does 'design criteria' mean?

- Goals that need to be met for a project to be successful.
- When designing a dish, think about who is going to eat it, which foods they like and dislike, any intolerances and allergies and any beliefs that may affect their choices.