



Check your understanding

Test your knowledge of measuring ingredients, healthy eating and Fairtrade. What can you remember????



1. What piece of equipment do we use to weigh ingredients?

2. A kilogram is how many grams? (1)

3. What piece of equipment do we use to measure liquids? (1)

4. What is the name of the healthy eating model that we base our diets around to ensure that we are eating well? (1)

5. Name one of the sections of this model. (1)

6. How many portions of fish should we be eating a week according to the '8 tips for healthy eating'? (1)

7. True or false, it is healthy if our 'five a day' is 5 portions of the same fruit or vegetable? (1)

8. How can you tell if a product is a part of the 'Fair Trade' scheme? (1)

9. Give an example of a product that can be bought under the fair trade scheme. (1)

10. Approximately how much money out of 30p does a banana worker get from a non-fair trade banana? (1)



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11. Name the safe method of cutting fruit and vegetables. (2)

12. Why should we cut down on saturated fats and sugar? (2)

13. Explain why breakfast is important? (2)

14. Give two examples of macronutrients and micronutrients. (4)

15. Give two rules you must follow when using a oven. (2)

16. State 2 knife rules in the kitchen (2)

17. State 2 Health and Safety rules before cooking in the kitchen. (2)

Peer assess your partners test, using a green pen. Write their score below out of 25

%
