

Healthy and Varied Diet



Skills and techniques



Engineer Study

Heston Blumenthal

- ✓ Heston is an English celebrity chef well known for his innovative spins on classic British foods.
- ✓ His restaurant, The Fat Duck, received a rating of three Michelin stars and was voted the #1 restaurant in the world in 2005.
- ✓ He received no formal culinary training.

Investigating and Evaluating Activities

Children can analyse existing products related to their project using sensory evaluations and record their results in a table. Explain that tasting is not the same as eating. Provide kitchen towel so children can spit out food they do not like. Provide water to cleanse palette between tasting products.

Analysing existing products							
Filling	Appearance	Smell	Flavour/ Taste	Texture	Dislike 	Neither 	Like
1							
2							
3							
4							
Word bank	Colourful Dark/pale Creamy Moist	Fruity Meaty Smoky Oniony Greasy Fishy	Salty Herby Spicy Fishy Smoky	Crispy Crunchy Soft Chewy Sticky Smooth Hard			



Vocabulary

Balanced diet: eating a variety of foods from all 5 food groups: fruit, vegetables, grains, proteins and dairy.

Processed food: ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.

Appearance: how the food looks to the eye.

Texture: how the product feels in the mouth.

Preference test: trying different foods and deciding which you like best.

Sensory evaluation: evaluating food products in terms of the taste, smell, texture and appearance.