

## The Cooker



- H** – Tie your **h**air back or wear a **h**at. Wash your **h**ands.
- A** – Put an **a**pron on.
- T** – Clean your **t**able with antibacterial spray.
- T** – Collect a **t**ray to keep all your ingredients together.
- I** – Collect all the ingredients you need.
- E** – Collect **e**quipment you need; prepare any tins/baking sheets (e.g. grease or line).

### The safe use of the hob

Do not heat the ring without a pan containing food on it  
Keep pan handles facing in  
Allow to cool before cleaning

### The safe use of the grill

Take care with detachable handles  
Do not leave food unattended

### The safe use of the oven

Have an oven buddy to hold the door  
Use hole free, dry oven gloves  
Stand back when you open the door

### Healthy eating Tips:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish – including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty
8. Don't skip breakfast.

### Definition of diet

The snacks, meals and drinks that you eat make up your **diet**.  
Your diet should include a **variety of foods** to make sure you get all the nutrients you need to stay healthy.  
No single food can supply all the nutrients you need.

Each **nutrient** has a function:  
**Protein** is needed for growth and repair of cells.

**Fat** is needed for warmth and energy.

**Carbohydrate** is needed for energy.

**Vitamins and minerals** are needed for protection from illness and to keep the body working properly

### Why do we need food?

The body needs food for:

- growth and repair of cells
- energy and warmth
- protection from illnesses
- to keep the body working properly.

### Knife holds

bridge



claw



## Eatwell Guide

