

D&T - Cooking and nutrition: Developing a recipe



Nutritional value helps us understand how healthy a food is. Nutrition information on food labels can help us make better choices for our bodies by showing us the amounts of nutrients like fibre, protein and sugar.

Cross-contamination is when harmful bacteria from one food get onto another. To prevent it, use different coloured chopping boards for different types of food.

- Red - raw meat
- Blue - raw fish
- Yellow - cooked meat
- Green - salad and fruit
- Brown - root vegetables
- White - bakery and dairy



Spaghetti bolognese is a popular dish that can be adapted in many ways. Adapting and developing the recipe by adding, substituting and removing ingredients can ensure that it suits dietary needs and tastes.



Taste testing



Juicing



Snipping



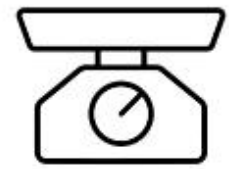
Grating



Mixing



Cutting



Measuring