



# Yr5 - Food Technology



Key Vocabulary	
Nutrition	The process of providing or obtaining the food necessary for health and growth.
Seasonality	The times of year when foods, such as fruit and vegetables, are ripe and ready to eat.
Processed	Modified through manufacture such as refinement or food processing.
Harvested	The process of gathering the ripened crop; harvesting.
Allergy	A condition that makes a person become sick or develop skin or breathing problems because they have eaten certain foods or been near certain substances.
Knead	To press something, especially a mixture for dough, firmly and repeatedly with the hands and fingers.
Nutrients	Nutrients are substances found in food that carry out certain jobs in the body. We need different nutrients to keep us healthy.
Healthy	Something that is good for your health.
Hygienic	Being clean, especially in order to prevent illness.

