

Year 5 Food Technology Ingredients

Eat Well Sandwich

Choose at least one item from the following food groups;

Carbohydrates – bread/wraps

Protein - fish/meat/pulses/hard-boiled egg

Fat – cheese/butter/mayonnaise/dressing

Vitamins – salad/vegetables

Container to transport home

Smoothie

A selection of up to 5 different fruits

Fruit juice or milk

Yoghurt (optional)

Container to transport liquids home

Salad

5 Vitamins (vegetables) of your choice

Salad topping – meat/fish/cheese/egg/croutons

Container to transport home

