

DT: Can I make a healthy meal?

Cooking Safely with Heat

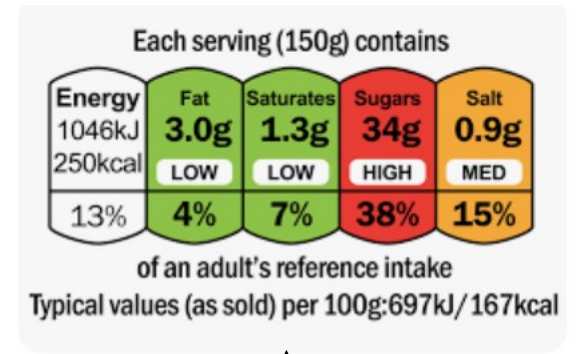
Adult Supervision

Use an oven glove

Turn the pan handle away

Switch the heat off after use.

finely grate	food labels
food processor	market research



↑
Food labels can help make us make healthy choices about food.



Claw grip



Bridge grip



Where food comes from?
 Sometimes we need to make choices about the food we eat.
 How far is it travelled?
 Is it Free Range?
 Do the people eating it have any dietary requirements?

