

Farm to Fork	the entire process of food production
'WHO'	The World Health Organisation
ultra-processed	1 food item that contains 5 or more ingredients
seasonal	available during a particular time of year

- Why should we eat 5 portions of fruit and vegetables a day?
- What risks are there if you do not eat enough fibre?
- Why might you use two different chopping boards during food preparation?
- Why would you keep prepared meats in the fridge?
- When would you use a bridge hold/claw grip?
- If a food contains more than 5 ingredients, what does that suggest?

