

Technical knowledge

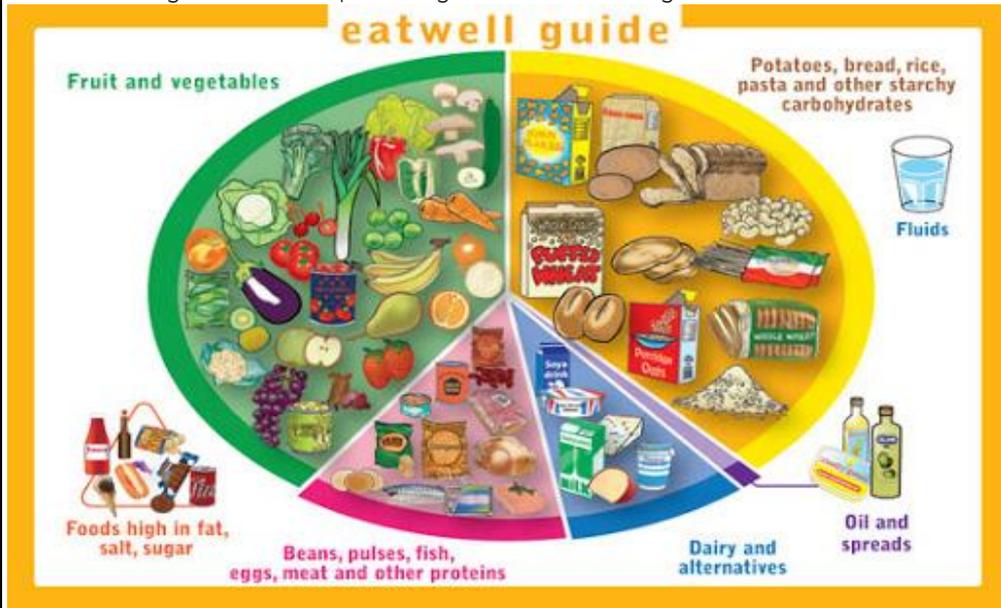
The history of the English picnic can be traced back as far as the Middle Ages when it was a purely practical exercise involving taking food to huntsmen on horseback. Today picnic food are chosen for their convenience and taste.



How to make skewers

Carefully push one piece of food slowly on to your skewer at a time. Keep your fingers away from the point. Skewers can be sweet or savoury, cooked or uncooked.

Choosing foods that enable us to have a balanced diet is very important. The eatwell guide can help us to get the balance right.



Key Vocabulary

Farmed	Food/animals grown and looked after by humans in farmers fields.
caught	Sea creatures that once lived in the sea caught by nets.
Ingredients	A list of food needed to make different types of food.
Grown	Person, animal or plant that gets bigger and taller over time.
Balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health

Keeping safe

Remember to wash your hands.



Keep your work area clean and tidy.

Wear an apron to protect your clothes.



Be careful with knives and other sharp objects.

Questions to think about

- Was the food healthy?
- Was the food easy to take on a picnic?
- If you made the food again, what would you change?

