

Ingredients -

one of the parts of a mixture/meal.



Healthy eating -

eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone.



Baking –

cook (food) by dry heat without direct exposure to a flame, typically in an oven.



Equipment -

the necessary items for a particular purpose.



Varied diet –
eating foods from across all food groups.



Evaluate -

Judging how well something went/ how well something is.

