



# Design and Technology – Global Foods



## Vocabulary

- **Proteins:** Proteins help our bodies grow strong.
- **Carbohydrates:** Carbohydrates give us long-term energy.
- **Nutrition:** What our body needs to eat to stay healthy.
- **Ingredients:** Ingredients are the different things we use to make food.



Rice is rich in vitamins responsible for developing the skin, nervous system, vision and converting consumed food into energy.



Fair trade is a worldwide movement that aims to help farmers and producers in less economically developed countries (LEDCs).



- A traditionally Mexican food, salsa is a tomato-based dish with onions, chilies and herbs.
- Avocado is the main ingredient of guacamole.



Pretzels are a type of German bread typically made from wheat or rye flour.

