

Remember to take this passport
to your new school.

FOOD PASSPORT

name _____



This resource was produced as part of the Food Route resources (2010), it is provided under the [Open Government Licence](#).

Acknowledgement

1. _____
2. _____
3. _____
4. _____
5. _____

My Food Targets

I want to get better at:

Shopping

Which of these have you done?
Rate yourself between 😊 and 😞

I have... a little a lot

- ❖ Learned about where food is grown
- ❖ Seen how some of my food is made
- ❖ Visited places where food is sold
- ❖ Looked at and used food labels
- ❖ Investigated food likes/dislikes
- ❖ Calculated the cost of food
- ❖ Identified the impact of food adverts

Diet & Health

How much do you know about diet and health?

Rate yourself between 1 and 5:

I know about...	a little	a lot
❖ 5 a day	1 2 3 4	☆
❖ The Eatwell Guide	1 2 3 4	☆
❖ Healthier food choices	1 2 3 4	☆
❖ Energy and nutrients	1 2 3 4	☆
❖ Food needs changing throughout life	1 2 3 4	☆
❖ Choosing food because of allergy, belief or religion	1 2 3 4	☆
❖ Energy balance	1 2 3 4	☆

Cooking

What can you do?

Colour the traffic lights to show your experience

1 A Little	2 Some	3 A lot
I know how to...		
1 2 ☆ follow a recipe		1 2 ☆ weigh foods
1 2 ☆ measure liquids		1 2 ☆ cut, slice and chop
1 2 ☆ grate		1 2 ☆ peel
1 2 ☆ knead		1 2 ☆ spread
1 2 ☆ rub-in		1 2 ☆ mix
1 2 ☆ cut out		1 2 ☆ whisk
1 2 ☆ reduce food waste		1 2 ☆ tidy away and wash-up
1 2 ☆ cook healthily		1 2 ☆ tell when food is cooked

What can you use?

Tick the equipment when you have used it.

I can safely use a...

1 2 ☆ vegetable knife	1 2 ☆ vegetable peeler
1 2 ☆ grater	1 2 ☆ measuring jug
1 2 ☆ whisk	1 2 ☆ weighing scale
1 2 ☆ can opener	1 2 ☆ measuring spoon
1 2 ☆ oven	1 2 ☆ hob
1 2 ☆ grill	1 2 ☆ kettle
1 2 ☆ microwave oven	

What have you cooked?

List your favourites.

I have cooked... _____ Date _____

-
-
-

Food Safety

How safe are you?

Ask an adult to sign off how safe you are.

- ❖ I can get myself ready to cook. _____
- ❖ I wash and dry my hands before I cook. _____
- ❖ I am hygienic when I cook. _____
- ❖ I use food labels to store food correctly. _____
- ❖ I keep the kitchen clean and tidy. _____
- ❖ I can use kitchen equipment safely. _____
- ❖ I can cook food so it is safe to eat. _____

Initialed by...