



Design Technology Year 4 Pre/Post Assessment

Main Learning: Healthy Eating

1. What is the purpose of the Eatwell Plate?

- A. To show us how to cook food
- B. To help us choose a healthy, balanced diet
- C. To list only fruit and vegetables
- D. To teach us how to make desserts

Answer: _____

2. Which food group gives us energy and includes foods like bread, rice, and pasta?

- A. Fruits and vegetables
- B. Dairy products
- C. Carbohydrates
- D. Fats and oils

Answer: _____

3. Why is it important to wash your hands before handling food?

- A. To make your hands smell nice
- B. To keep the food hot
- C. To remove germs and keep food safe to eat
- D. So you don't get your clothes dirty

Answer: _____

4. What does the word "seasonal food" mean?

- A. Food you eat in the evening
- B. Food that grows at a certain time of year
- C. Food that tastes salty
- D. Food that comes from a can

Answer: _____

5. Match the food to its source:

Draw a line to match each food to where it comes from.

Apple	Grown
Chicken	Caught
Salmon	Reared

6. What does "processed food" mean?

- A. Food that's been picked fresh from the tree
- B. Food that's made in a factory or changed a lot from its original form
- C. Food grown at school
- D. Food served with a smile

Answer: _____