

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Romney's Kendal Mint Cake was the first Mint Cake to be successfully carried to the top of Mount Everest on 29th May 1953 this being the first successful expedition to the summit.

Romney's were approached by the 1953 expedition to Everest, to see whether they could supply Mint Cake to them within 7 days. Sir Edmund Hilary and Sirdar Tensing ate this Mint Cake on top of Everest as they gazed at the countryside far below them. Since then, Kendal Mint Cake has become a firm favourite with hikers, climbers and visitors to the *Lake District*.

Design Brief

In English, we have been reading 'The Race to the Frozen North' and learnt about all the different expeditions that Matthew Henson did. We have also been learning about our bodies and how they need nutrients in our science lessons. Unfortunately, Matthew Henson has gone on another expedition and needs to pack food that is going to give him a lot of energy! We need to design and make a high energy, tasty food for him to take with him.

Design Specification:

The food needs to last on his expeditions.

- It should look appetising.
- It should give him energy.
- Be tasty so that he could have nice treats while he was away.



Ingredients	Function
500g white granulated sugar	Gives the hikers energy
150ml milk	Binds the ingredients together.
1/2 tsp of peppermint essence or oil	To add to lovely flavour.

Key Vocabulary	Definition
Texture	The way a surface, substance feels when you touch it.
Nutrients	A substance that is needed to keep a living thing alive and to help it to grow
Kendal Mint Cake	A sugar-based confection flavoured with peppermint
Set	To become solid or hard
Bringing to boil	It is heated to the point where it forms bubbles and turns to steam or vapour
Evaporation	The process of a liquid changing or being changed into a gas
Beat	To mix something with short quick movements
Pliable	Easy to influence or control
Energy	A source of power