

Key Vocabulary

Fruit-is a fleshy food that comes from a flowering plant. It has a seed or seeds inside it.

Vegetables-a plant or part of a plant used for food

Chop, grate, slice, peel-ways to change a food like fruit and vegetables into smaller pieces

Diet-the food and drink that we put in our bodies

Healthy-when we care for our bodies and minds

What we will learn

- Know that all food comes from plants or animals
- Know that everyone should eat at least five portions of fruit and vegetables every day
- Know what different fruit and vegetables taste like and be able to say what I liked/disliked
- Know how to use techniques such as cutting, peeling and grating
- Know how to prepare simple dishes safely and hygienically
- Know how to talk about what I have made using a simple criteria to help me

Key Knowledge (including facts)

Food Hygiene including:

Remove jewellery and tie back long hair

Wash your hands thoroughly with soap and water

Wear an apron and roll up your sleeve



You need to eat at least five portions of fruit and vegetables a day to be healthy.



Fruit and vegetables give you the vitamins and minerals your body needs.

There are different types of kitchen equipment and you need to use them safely:

**Extra things you might do**

Can you make a healthy recipe at home with your family?

How many different fruits and vegetables can you include?

