

Prior Knowledge

- Some foods are considered to be 'healthy', such as fruits and vegetables (Rec)

Key Knowledge

- The food we eat comes from different sources. For example, fruit and vegetables come from plants and meat comes from animals.
- There are 5 main food groups; fruit and vegetables, carbohydrates, proteins, dairy, fats and oils.
- We need to eat a variety of different types of food to have a healthy diet.
- Some food can be eaten raw (without cooking) and some food needs to be cooked before we eat it.
- When we prepare food, we should wash our hands and keep surfaces clean.

Equipment



Chopping board

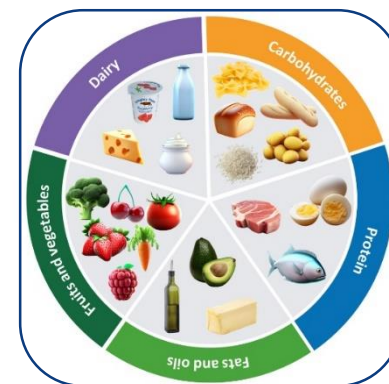


Knife



Peeler

What vegetables can I use to make my soup?



Belonging

Colour

Wonder



Key Vocabulary

recipe

instructions for making/cooking something

ingredients

foods that are used to make something

equipment

tools needed to do a job

peel

remove the skin from fruit or vegetables

cut

use a tool or knife to break food up

healthy

good for your body

hygiene

keeping yourself and your surroundings clean

Health and Safety

Wash hands before touching any food or equipment.

Make sure your hair is tied back and your clothes are covered.

Make sure the surfaces and equipment are clean.

Follow adult guidance when cutting or peeling vegetables.