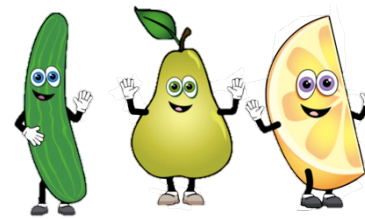


Year 1 – Eat More Fruit and Vegetables



Key Vocabulary

Fruit	The sweet and fleshy product of a tree or a plant that contains a seed and can be eaten.
Vegetables	Plants used for food.
Balanced Diet	Someone who has a balanced diet eats the right amounts of foods from each food group.
Recipe	A list of instructions that tells you the ingredients and how to cook or make something.
Nutrients (Vitamins and Minerals)	Nutrients are found in foods that help our body function properly and keep healthy.

Design and Make a Healthy Smoothie

Sticky Knowledge:

Fruits and **vegetables** grow on trees, grow on vines, small bushes or under the ground.

In order to have a **balanced diet** we must eat different things for each meal.

Recipes help us to create tasty, interesting, colourful meals that are **nutritious** and healthy for us.

Food Processing Skills:



Peeling



Squeezing



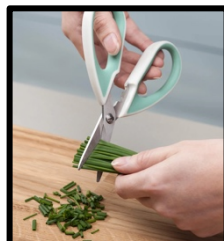
Coring



Slicing



Grating

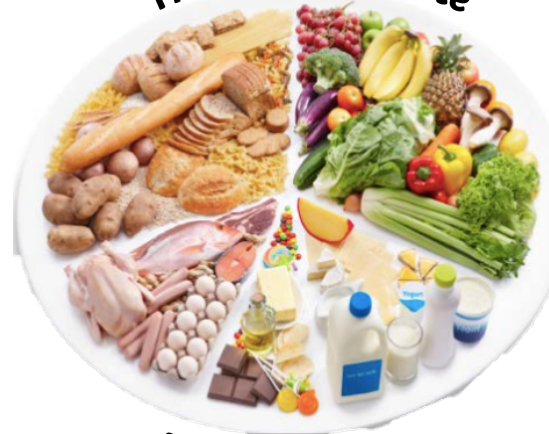


Cutting

Golden Threads

Diet

The Eatwell Plate



A Balanced Diet

Fruit and Vegetables Grow:



On a tree



On a plant



On vines



Underground