



What I should already know:

- To know what foods are healthy or unhealthy
- To be able to name and sort foods into the five groups in The Eatwell plate
- To understand that all food comes from plants or animals
- To know that everyone should eat at least five portions of fruit and vegetables every day






What I will learn:

- To understand that food has been farmed, grown elsewhere or caught.
- To understand how to use techniques such as cutting, peeling or grating.
- How to prepare simple dishes safely and hygienically, without using a heat source

Key Fact

Food comes from animals and plants.
Ice lollies are made by freezing a liquid.



Key Vocabulary	
 Ice lolly	A frozen snack.
 Chopping	Cutting something into pieces with a knife.
 Healthy	A balanced diet.
 Fruit	Food from a plant.
 Snack	Food eaten between meals.