



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'

What I will learn:

- 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
- How to prepare simple dishes safely and hygienically, without using a heat source

Key Facts

- Food comes from animals and plants
- We should eat 5 fruit or vegetables a day

| Key Vocabulary | |
|---|-------------------|
|  | wrap |
|  | healthy |
|  | animal |
|  | Plant |
|  | eating |
|  | Health and safety |