

Fruits



Apples

Vegetables



Potatoes



Oranges



Broccoli



Strawberries



Onions



Bananas



Carrots



You should try to eat five portions of fruit and vegetables every day!

Vocabulary

Blender—A machine that mixes ingredients together into a smooth liquid.

Carton—A container made out of card which holds liquid products such as milk and orange juice.

Fruit—The part of a plant that contains seeds.

Healthy—When everything in your body and head feels good.

Ingredients—Items that make up a mixture, for example, foods that make a recipe.

Peel—The tough skin around certain fruits and vegetables such as oranges.

Peeler—A tool which helps you to remove the tough skin off fruits and vegetables.

Recipe—A set of instructions for making or preparing a food item or dish.

Slice—To cut pieces off something with a knife.

Smoothie—A combination of fruits and vegetables blended together to make a smooth drink.

Vegetable—Parts of a plant that can be eaten by people as food. The parts may be leaves, roots or stems. Vegetables do not contain any seeds.

What I will know:

- I will know how to determine if something is a fruit
- I will understand that some foods we call vegetables are actually fruits
- I will know how to determine if a food is a fruit or a vegetable, roots or stem and know that fruits and vegetables grow in one of three places: on trees or vines, above the ground, below the ground
- I will be able to taste and describe fruit and vegetables
- I will be able to name a number of fruits and vegetables

What I already know:

- Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.