

## Food: Fruit and Vegetables

### What I should already know

- I should have used my senses to explore fruits and vegetables.
- I should be able to talk about my likes and dislikes.

### What I will learn (Sticky knowledge)

I will learn how to:

- Know the difference between fruits and vegetables
  - to know that a fruit has seeds and a vegetable doesn't.
  - Fruits grow on trees or vines.
  - A vegetable can grow above or below ground.
  - Vegetables can come from different parts of a plant.
  - Some foods known as vegetables are actually fruits.
- Know a blender is a machine that mixes ingredients together into a smooth liquid.
- Prepare fruits and vegetables to make a smoothie.



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

Fruits



Apples

Vegetables



Potatoes



Oranges



Broccoli



Strawberries



Onions



Bananas



Carrots

### What I will learn next

- To cut, peel or grate ingredients safely and hygienically.
- To Measure or weigh using measuring cups or electronic scales.

### Key Vocabulary

Fruit	The part of a plant that contains seeds.
Vegetable	Parts of plants that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not contain any seeds.
Healthy	When everything in your head and body feels good.
Recipe	A set of instructions for making or preparing a food item or dish.
Smoothie	A combination of fruits and vegetables blended together to make a smooth drink.
Blender	A machine that mixes ingredients together to make a smooth drink.
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.
Slice	To cut pieces off something with a knife.
Carton	A container made out of card which holds liquid products such as milk and orange juice.
Stencil	.A shape which you can draw around.
Template	A stencil which you can use to help you draw a shape more easily on different materials.