







Food: Fruit and Vegetables (making a smoothie).

What should I already know?

- To be able to name some fruit and vegetables.
- An understanding that foods are healthy and unhealthy.
- Know what a salad is.
- Know which vegetables to put in a salad.

Key Knowledge

- Fruit and vegetables help to keep your body healthy.
- You should try to eat five portions of fruit and vegetables every day.
- A fruit has seeds and a vegetable does not.
- some foods known as vegetables are actually fruits such as cucumber and tomatoes as they have seeds inside.
- Fruits grow on trees or vines.
- Vegetables can grow either above or below ground.
- Vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber).

Fruits		Vegetables	
	Apples		Potatoes
	Oranges		Broccoli
	Strawberries		Carrots



Smoothie

Key Vocabulary and definitions

Fruit	The part of a plant that contains seeds.
Vegetable	Parts of a plant that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not have any seeds.
Healthy	When everything in your body and head feels good. Fruit and vegetables are healthy to eat.
Recipe	A set of instructions for making or preparing a food item or dish.
Ingredients	Items that make up a mixture, for example, foods that make a recipe.
Smoothie	A combination of fruits and vegetables blended together to make a smooth drink.
Blender	A machine that mixes ingredients together into a smooth liquid.
Peel	A tough skin around some fruits and vegetables, such as oranges.
Peeler	A tool which helps you to remove the tough skin (peel) 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 onto different materials.