

## WHAT SHOULD I ALREADY KNOW?

- I know the importance of healthy food choices.
- I know how to use simple tools such as cutlery.
- I know I need to wash my hands before handling food and why this is important.

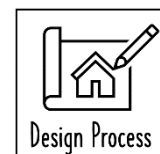
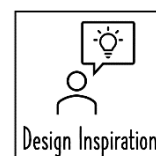
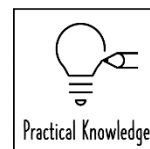
## STICKY KNOWLEDGE

- Food has to be farmed, grown or caught.
- Humans should eat 5 portions of fruit and vegetables every day.
- Food comes from plants or animals.
- Good hygiene methods need to be followed to ensure food is prepared safely.

## VOCABULARY

|         |  |
|---------|--|
| Cutting | A way of separating food.  |
| Hygiene | The requirement to keep yourself and your environment clean to help maintain health. |
| Portion | The amount of food you need.   |
| Prepare | To make something ready for use.   |

## WEAVING CONCEPTS



## HYGIENE



Wash hands before and after preparing food. You will need to rewash your hands if you sneeze or cough whilst you are preparing food.



Remember to tie your hair back and take any jewellery off.

