

WHAT SHOULD I ALREADY KNOW?

- I know that food comes from plants and animals.
- I know that you should have 5 portions of fruit and vegetables a day.
- I know how to use techniques such as chopping, peeling and grating.

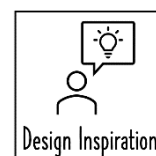
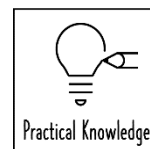
STICKY KNOWLEDGE

- A healthy diet is made up from a variety and balance of different food and drink.
- Food and drink are required to provide energy for the body, to allow you to feel healthy and active.
- Good hygiene methods need to be followed to ensure food is prepared safely.
- Food needs to be stored in the correct conditions to help it stay fresh.

VOCABULARY

Cooking utensil	A small hand-held tool used for food preparation.
Energy	The strength and power we need for physical and mental activity.
Hygiene	The requirement to keep yourself and your environment clean to help maintain health.
Recipe	A set of instructions for preparing a particular dish, including a list of ingredients needed.

CONNECTING 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.

