

## WHAT SHOULD I ALREADY KNOW?

- That our food comes from plants and animals.
- That food has to be farmed, grown or caught.
- We need to eat at least 5 portions of fruit & veg a day.
- How to prepare simple dishes without heat.

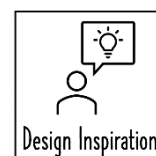
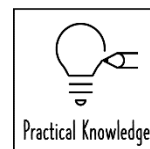
## STICKY KNOWLEDGE

- How seasons can impact food growth and how we get food all year round when they aren't always in season.
- How food is processed into ingredients that can be eaten or used in cooking.
- Food and drink contain different nutrients that are needed for health.
- Preparing foods using different techniques using a heat source such as, boiling, grilling, frying & chopping.

## VOCABULARY

Energy	The strength and power we need for physical and mental activity.
Ingredients	The food or substances that are combined to make a particular dish.
Nutrients	A substance that provides nourishment essential for the maintenance of life and growth.
Seasonality	The times of the year when the harvest or the flavour of a given type of food is at its peak.

## 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.

