

Key vocabulary

Food source	Where a food comes from
Balanced diet	Eating the right amount of different food groups
Fruit	The sweet and fleshy product of a tree or another plant that contains seeds and can be eaten
Kebab	Pieces of fresh fruit threaded onto skewers
Mixing	Blending ingredients together using a spoon, blender or whisk
Nutrition	The food we need to grow and be healthy
Preparing	Getting food ready to be eaten
Recipe	A set of instructions for preparing a dish
Smoothie	A thick, smooth drink made from fresh fruit pureed with yoghurt, milk or ice cream

Techniques

grating
mixing
squeezing

peeling
slicing
blending

chopping
cutting
juicing

Adjectives

sour
crunchy
crisp

sweet
bitter
smooth

soft
sticky
juicy

Health and safety

- Tie back long hair
- Remove jewellery
- Roll up sleeves
- Wash hands
- Cover cuts with a blue plaster

Food Groups

There are five main food groups:

- Fruit and vegetables:** e.g. apples, tomatoes, lettuce
They contain vitamins and minerals.
- Carbohydrates:** e.g. starchy foods like bread and pasta. They give us lots of energy!
- Proteins:** e.g. beans, fish, eggs, meat. They help us to build muscle.
- Dairy:** e.g. milk, butter, cheese. They contain calcium for our bones.
- Fats and Sugars:** Add fat storage for energy.



cutlery



knife



whisk



measuring jug



pan



wooden spoon



fridge/freezer



bowl



weighing scales



sieve



chopping board



grater



microwave



oven



baking tray



rolling pin

