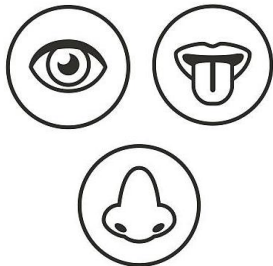


Key Vocabulary		Definition
1.	Fruits	Are grown on trees or plants and contain seeds inside them. Some foods are considered vegetables but are actually fruits because they have seeds eg. Tomatoes, peppers and avocados.
2.	Vegetables	Are grown either in or under the ground.
3.	Equipment	The items required for a particular task/purpose
4.	Ingredients	Foods that are combined to make a dish
5.	Edible	Suitable for eating
6.	Hygiene	is the practice of keeping yourself and your surroundings clean
7.	Preparation	the process of getting something ready for use or for a particular purpose or making arrangements for something.
8.	Chopped	To cut something with a knife.
9.	Peeling	A strip of skin that has been peeled off
10.	Slicing	To cut into thin pieces.

### Tasting

Tasting means trying something first. When tasting it is important to use your sense of smell, touch, sight and taste.



### Making

Although many fruits and vegetables don't need to be cooked before they can be eaten we do still need to prepare them before we put them into our mouths.

We will be using equipment such as: a chopping board, peeler and a knife. It is important to be very careful and follow adult instructions carefully.



### A Healthy Diet

We should aim to eat at 5 portions of fruit and vegetables per day.

Fruit and vegetables contain essential vitamins and minerals.

### 5 A Day



The EASY Way

## HEALTH AND SAFETY

Remove any jewellery and tie back long hair

Wear an apron and roll up your sleeves

Walk safely and calmly around the classroom

Wash your hands with hot water and soap.

Follow the teacher's cutting instructions carefully.

Washing your hands should be done before, during and after prearing food.

Finally, report all spillages and clean up properly after yourself, leaving the classroom tidy.