



This term we are going to be looking at **healthy eating** and exploring different **fruits** and **vegetables** and where they come from.



Fruits and vegetables grow in different ways: some grow underground, some grow on trees, some on vines and others on bushes. We must wash fruit and vegetables before we eat them.



We can buy fruit and vegetables from shops, but where do they come from?

Fruits and vegetables are grown all over the world.



Key vocabulary

Healthy	In good physical condition
Utensil	Tools that help us prepare, wash cut or cook food ready for eating.
Peel	The skin of a fruit or vegetable. It can sometimes be eaten, but may need peeling.
Core	The part of a fruit that usually holds the seeds and stalk
Wash	Remove dirt and germs from the fruit before eating them.
Cut /slice	Make the fruit or vegetable into small pieces ready to be eaten or cooked.
Grate / grating	A way of removing the peel from fruit or making into very small pieces.
Seeds / pips	Seeds can make new trees and plants, but should not be eaten

Peel



Wash



Cut



Grate



We are going to use different utensils and techniques to prepare the fruit for our fruit salad.



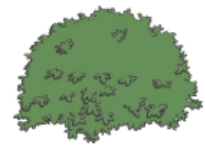


Fruits and vegetables are all from plants and trees. Most fruit comes from a tree, but when we eat vegetables we eat the root, leaves or stem.

Look at the pictures below to find out where our fruit and vegetables come from.



trees



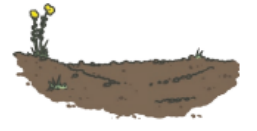
bushes



plants



vines



under the ground



apples



raspberries



strawberries



grapes



onions



carrots



oranges



blueberries



lettuce



pumpkins



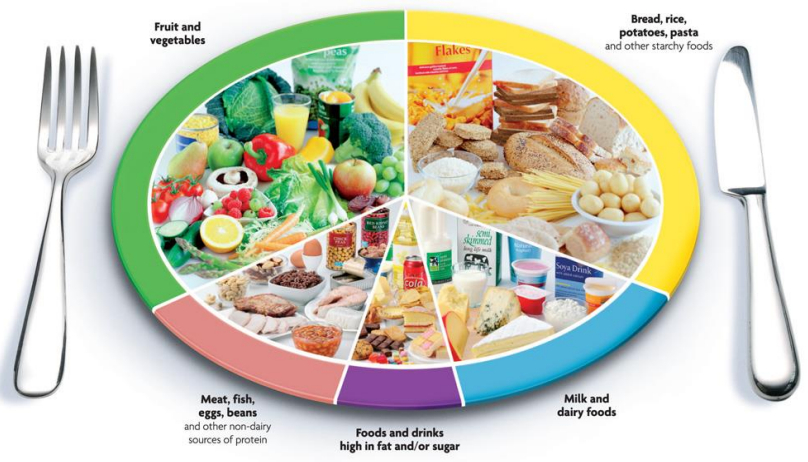
potatoes

Healthy food and a balanced diet are important to help us grow and keep fit. We need to eat different types of food to stay healthy.

The eat well plate show what kind of food our bodies need and how much of that food type We should eat 5 different fruits and vegetables each day!

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



More Key vocabulary

Healthy	In good physical condition
Flesh	The flesh of a fruit or vegetable is the soft, inner part.
Fruit	The product of a tree or other plant that contains seeds.
Stem	Part of a plant that grows above the soil
Root	Root vegetables grow beneath the ground
Balanced diet	A diet consisting of a variety of different types of food that provide nutrients needed for good health.