







Knowledge	
	Fruits and vegetables <ul style="list-style-type: none"> Fruits contain seeds and vegetables do not.
	Where do fruits and vegetables grow? <ul style="list-style-type: none"> Fruits and vegetables are all plants and they grow in three possible places: trees or vines, above the ground or below the ground.
	Taste testing fruit and vegetables <ul style="list-style-type: none"> You should have at least 5 portions of fruit and vegetables a day.
	Preparing foods <ul style="list-style-type: none"> Slicing is when you cut pieces of something with a knife.
	Cooking <ul style="list-style-type: none"> It is important to wash your hands before you touch any food.
	Evaluating <ul style="list-style-type: none"> Evaluating is saying what we like and can improve about a product.

	Key Vocabulary
Fruit	The part of a plant which contains seeds.
Vegetable	Part of plants that can be eaten by people as food. The parts may be the leaves, roots, or stem.
Healthy	When everything in your body and head feels good.
Smoothie	A combination of fruits and vegetables blended to make a smooth drink.
Recipe	A set of instructions for making or preparing a food item or dish.