



<u>Key Vocabulary</u>	
Seasonal food	Foods that can be harvested and is ready to eat in a particular season
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Imported	When products, such as fruit and vegetables, are bought into a country.
Exported	When products, such as fruit and vegetables, are sent to another country.
Climate	The weather and temperature in each country in the world.

<u>Knowledge</u>	
	<p>Where in the world?</p> <ul style="list-style-type: none"> Fruits and vegetables are grown in a variety of countries. Countries have different climates depending on where they are in the world.
	<p>British seasonal foods</p> <ul style="list-style-type: none"> Eating seasonally is important as it reduces negative effects on the environment and also supports local farmers.
	<p>Creating a recipe</p> <ul style="list-style-type: none"> Fruits and vegetables are good for us as they contain vitamins and minerals. You can tell the specific benefits that certain fruits and vegetables provide by looking at their colour.
	<p>Preparing foods</p> <ul style="list-style-type: none"> It is important to use the 'claw' and 'bridge' grip to cut food. It is important to wash fruit and vegetables in case they still have mud on them.
	<p>Cooking</p> <ul style="list-style-type: none"> It is important to wash your hands and surfaces before you touch any food to get rid of germs and dirt. Adult supervision is needed when using hot appliances.
	<p>Evaluating</p> <ul style="list-style-type: none"> Evaluating is saying what we like and can improve about a product.



Fruits and vegetables are full of vitamins, minerals and fibre. These nutrients help us to grow, heal, give us energy and keep us healthy.