

## Key Vocabulary

**Ingredients-** Foods that are combined to make a dish

**Flavour-** The taste of food or drink

**Texture-** How something feels or looks

**Equipment-** Tools used for a particular purpose

**Portion-** A helping of food served to one person

**Recipe-** A list of ingredients and instructions for making a food dish

**Evaluate-** To work out how good something is

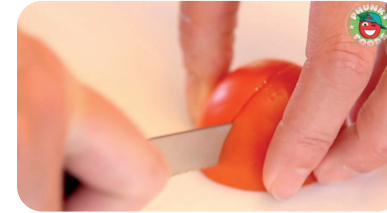
## Supercrunch

- Supercrunch is good to eat!
- Fruit has lots of vitamins and fibre which helps keep our bodies healthy
- Yoghurt helps our bones and teeth stay strong
- Cereal gives us energy



## The safe ways to cut:

The Bridge hold



The Claw Grip

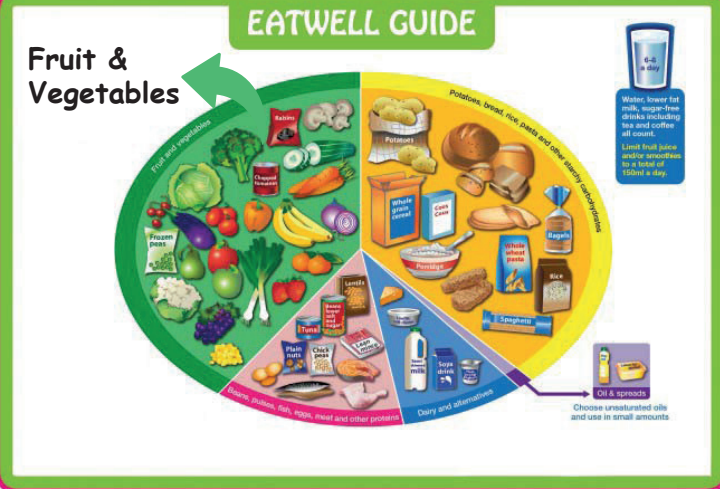


## Don't forget our kitchen hygiene rules:

	tie back our hair.		wash hands thoroughly with hot, soapy water.
	roll up our sleeves.		wear an apron.
	remove any jewellery.		not cough or sneeze over food.
	cover open cuts with a brightly coloured plaster.		

## Key Points:

- We should try to eat 5 portions of fruit and vegetables every day
- One portion is about the size of your cupped hand- some examples?
- Fresh, tinned, frozen, dried or juiced are all good for you
- Only drink one small glass of juice a day (150ml)



## Where do fruit and vegetables grow?

- Fruit and vegetables can be grown on farms or in gardens and allotments.
- Some fruit and vegetables grow underground, such as carrots, onions and parsnips.
- Some grow on top of the ground, like strawberries, broccoli and tomatoes.
- Other fruit grows on trees, like apples, pears and oranges.