

WEAVING CONCEPTS

Key Vocabulary

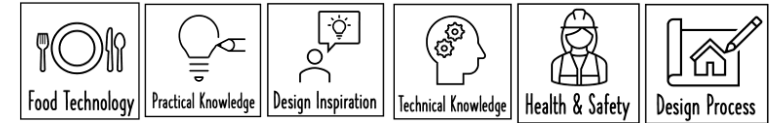
Cutting	A way of separating food.
Portion	The amount of food you need.
Hygiene	The requirement to keep yourself and your environment clean to help maintain health.
Prepare	To make something ready for use.
Fruit	The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.
Nutrients	All the things in food that the body needs to be healthy.
Salad	A cold dish of fresh vegetables or fruit.

What should I already know:

- I should know the importance of healthy food choices.
- I should know how to use cutlery.
- I should know that I need to wash my hands before handling food.
- I should know why it is important to wash my hands before handling food.

Sticky Knowledge:

- Food has to be grown, caught or farmed.
- Humans should eat 5 portions of fruit and vegetables everyday (Eat Well Plate).
- Food comes from plants or animals.
- Good hygiene methods need to be followed to ensure food is prepared safely.



HYGIENE



Wash hands before and after preparing food. You will need to rewash your hands if you sneeze or cough whilst you are preparing food.



Remember to tie your hair back and take any jewellery off.

