

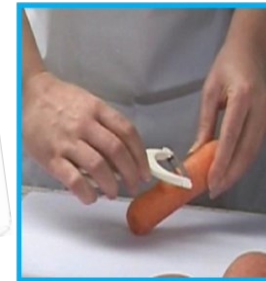
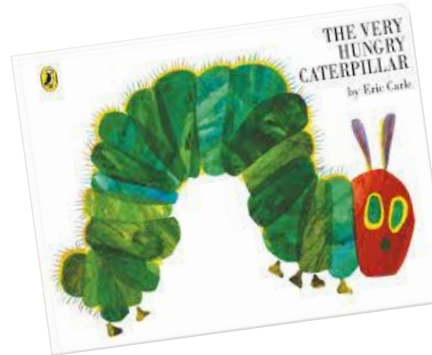


Year 1 Food & Nutrition Knowledge Mat



Subject Specific Vocabulary

Nutrition	Eating necessary foods for health and growth.
Prepare	A set of practices involved in acquiring raw ingredients and transforming them into something ready to be consumed.
Health and Safety	Rules to prevent an accident.
Peeling	To remove the skin/peel from raw fruit and vegetables.
Chopping	The process of cutting foods into fine or coarse cut pieces.
weighing	Using measurements to get correct amounts.



Make it stick!

- All over the world people eat a wide variety of foods.
- To be healthy, nutritious food is needed to provide energy for the body.
- An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.
- I understand where foods come from.
- Being safe in the kitchen when using appropriate tools is very important.