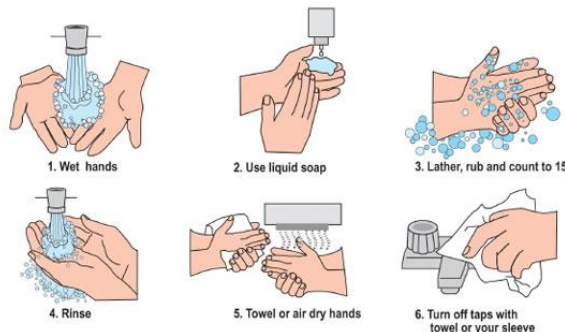


Key vocabulary

healthy	foods that are good for you
unhealthy	foods that are not good for you
balanced diet	a diet that contains different kinds of food in certain quantities and proportions
snack	a a small amount of food between meals
hygiene	keeping clean to stay healthy and prevent illnesses
recipe	a list of ingredients and instructions for making a food product
portion	the right amount of food needed for each person



We are building on our knowledge from making fruit kebabs in Reception.

This will help us learn design and make smoothies in Year 2.

Key knowledge

Healthy snacks give us energy and help our bodies grow strong. Good snacks include fruit, vegetables, yoghurt, and small amounts of cheese or nuts



These foods give us important things like vitamins and protein.

We should try to avoid snacks with too much sugar or fat, like sweets and crisps, because they are not good for our teeth or bodies.

Having good hygiene is important when making food because it stops germs spreading.

Washing your hands with soap will kill the germs.