

Key Terms

Topic fact sheet -Food glorious food

salad	A mixture of small pieces of food, usually vegetables or fruit
cress	A fast-growing plant. We eat the leaves
supermarket	A large self-service shop selling foods and household goods
greengrocer	A shop that sells fresh fruit and vegetables
recipe	A set of instructions that tell you how to cook something.
cookery book	A book containing lots of recipes

bananas

grapes

oranges

apple

pears

plums

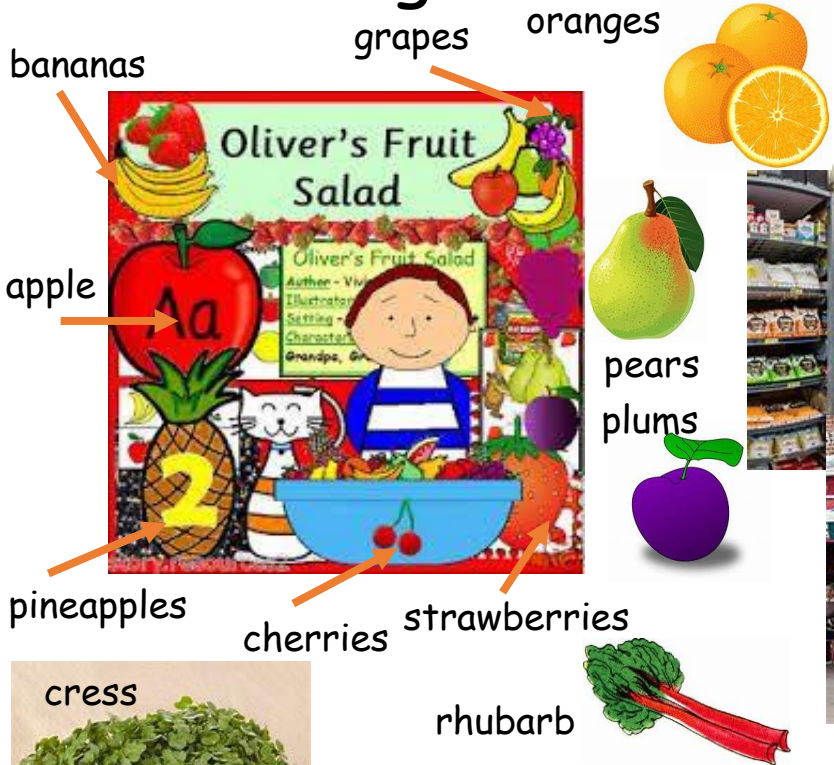
pineapples

cherries

strawberries

cress

rhubarb



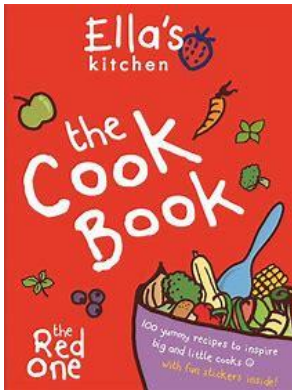
supermarkets

TESCO ASDA

MORRISONS

THE VILLAGE GREEN GROCERS

greengrocer



Rainbow Fruit Kebabs



Ingredients

- 1 lime fruit (peeled and chopped)
- 1/2 mango (peeled and chopped)
- strawberries
- red grapes
- blueberries

A bakery sells food made of flour baked in an oven like bread

Method

Wash the strawberries, grapes and blueberries in cold water.
Cut the tops off the strawberries.
If the strawberries are big, cut them in half.
Put all the fruit into bowls.
Arrange bowls by fruit colour.
Thread onto skewers.
Serve and enjoy!

Eats Amazing



spinach

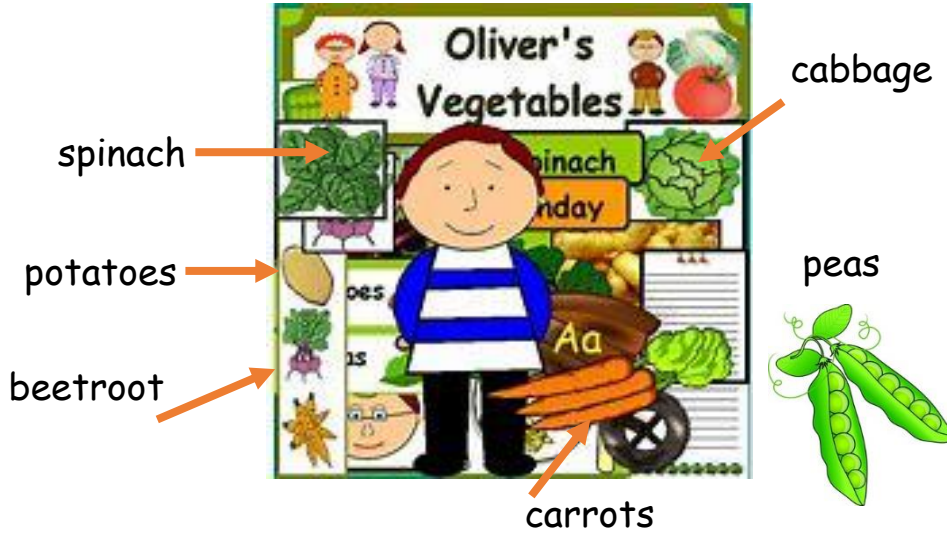
potatoes

beetroot

cabbage

peas

carrots



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food diary	Writing down what you eat every day
healthy eating	Eating the food that will help you grow and develop
breakfast	The first meal you eat in the day (in the morning)
diet	The kind of food you eat
estimate	A good guess on the amount of something
hydrated	Having the right amount of water in your body

Kid's Healthy Eating Plate



A food diary could look like this:

My Food Journal

Name: _____ Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

Avoid the foods that contain a lot of sugar and fat



Food from India



Water and milk are the best drinks to keep hydrated



Fizzy drinks can contain large amounts of sugar, which will increase the risk of tooth decay



Food from China



SHROVE TUESDAY

We eat pancakes on this day to use up fat, butter and eggs