

### Core Knowledge

- To be able to identify some healthy and unhealthy food choices
- To be able to name and identify some different fruits and vegetables
- To know about simple hygiene rules around preparing food



### Key Vocabulary

Vocabulary	Definition
Healthy Food	Food that is good for our bodies, keeping our heart, muscles and bones strong
Unhealthy Food	Food that is not good for our bodies, with too much sugar, fat and salt
Hygiene	The way we care for our bodies and keep ourselves clean
Dairy	Food that is made mainly from milk (milk, cheese, yoghurt, ice cream)

### Key Skills

- How to safely use a knife to cut soft fruit— 'bridge cut'
- To design and prepare a simple fruit kebab

