

Key Vocabulary

Knowledge Organiser for

Food and Nutrition

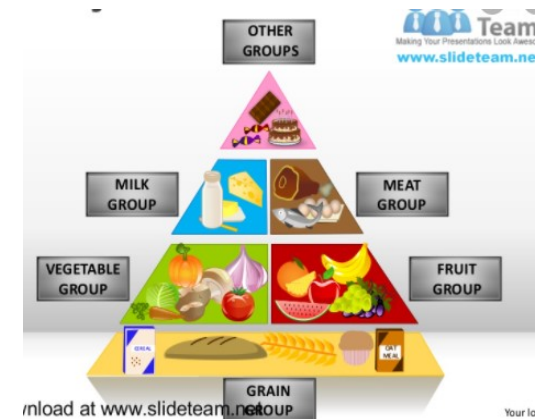
Word	Meaning
diet	The food I eat.
balanced diet	Food from different food groups Fruit and vegetables/ dairy/pasta, rice and breads/ meats and pulses.
menu	A list of food you wish to eat.
nutrition	A healthy, balanced diet.
vitamins	The parts of food we need to stay healthy.

Knowledge.

- I know I need to have food from different food groups to keep my body healthy.
- I know the main food groups are fruit and vegetables, dairy, pasta and meat or pulses.
- I know some foods are not good for me and I should not have too much of them.
- I know much of our food can be grown.
- I know a wide range of fruit and vegetables.
- I know it's important to try new foods.



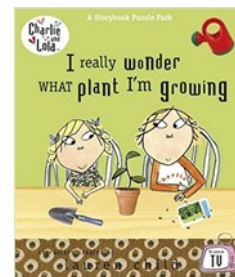
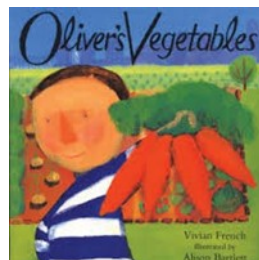
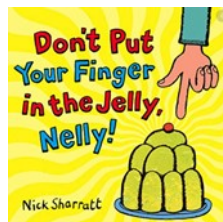
Diagrams



FUN FACT

On *Sesame Street*, Cookie Monster's cookies are actually painted rice cakes!

Useful Texts



Useful links

<https://www.bbcgoodfood.com/howto/guide/healthy-eating-what-young-children-need>

<https://www.nutrition.org.uk/healthyliving/lifestyles/children.html>

<http://www.foodincare.org.uk/eating-well/encouraging-children-young-people-to-eat-well>