

<i>hygiene</i>	Keeping things clean and germ free
<i>diet</i>	Everything we eat!
<i>balanced diet</i>	The right amount of food from each of the groups. More: fruit /vegetable and carbohydrates Less: protein and fats group
<i>budget</i>	The amount of money to spend

Party Planners—Can party food be healthy?
Year 2 AUTUMN 1



Bridge grip	Claw grip	Fork secure

Food preparation
peeling
grating
scissors

Food groups	
	Fruit and vegetables
	Milk and dairy
	Protein
	Fats and oils
	Carbohydrates

Basic Human needs: Food, water, air
Other needs: Healthy life choices, exercise

Where does food come from?
UK, Europe, North America, South America, Asia, Africa
Bakery, butchers, grocers, fishmongers, supermarket, farms

Materials	
Manmade: Made in a factory	Concrete, glass, metal, plastic, nylon, brick
Natural: from plants, animals or rocks	Wood, wool, silk, cotton, fur, leather, rubber, coal, sand, clay, rock eg marble,

Property opposites	
rough	smooth
hard	soft
bendy	rigid
dull	shiny
transparent	opaque
waterproof	Not waterproof

Wood is good for a spoon because.....
- It is hard
- You can shape it
- It won't get hot

