

Year 2 Cooking and Nutrition

Vocabulary		
Peel	Peel the skin off fruit/vegetables	
Chop/cut	Cut with a knife into smaller pieces	
Drain	Drain away water after washing fruit/vegetables	
Healthy	Foods that is good for your body	
Unhealthy	Foods that have lots of fat, salt or sugars	
Plant	To know that food comes from plants	
Animals	To know that food comes from animals.	

Vocabulary		
Mash	Mash the fruit/vegetables	
5 food groups	To have a healthy, balanced diet.	

Fruit and vegetables	To eat 5 fruits or vegetables a day.	
Dairy	Milk, cheese, yoghurt	
Protein	Meat, fish, eggs, nuts,	
Fat	Oil, butter, high fat- cakes, chocolate	
Starchy foods	Potatoes, bread, rice, pasta,	