

Key Knowledge



- that not all fruits and vegetables can be grown in the UK.
- that vegetables and fruit grow in certain seasons.
- that cooking instructions are known as a 'recipe'.
- that imported food is food that has been brought into the country.
- that exported food is food that has been sent to another country.
- that imported foods travel from far away and this can negatively impact the environment.
- that each fruit and vegetable gives us nutritional benefits because they contain vitamins, minerals and fibre and are important for energy, growth and maintaining health.
- safety rules for using, storing and cleaning a knife safely.
- that similar coloured fruits and vegetables often have similar nutritional benefits.
- That Mary Berry is a well known food writer and TV cook famous for bakes including scones!

Key Vocabulary

<b>Recipe</b>	set of instructions for preparing a particular dish, including a list of the ingredients required	<b>Nutritional benefits</b>	providing or obtaining the food necessary for health and growth
<b>vitamins</b>	a group of organic mixtures which are essential for normal growth	<b>Fiber</b>	