

Food - Fruit and vegetables

Blender	A machine that mixes ingredients together into a smooth liquid.
Carton	A container made out of card which holds liquid products such as milk and orange juice.
Fruit	The part of a plant that contains seeds.
Healthy	When everything in your body and head feels good.
Ingredients	Items that make up a mixture, for example, foods that make a recipe.
Peel	The tough skin around certain fruits and vegetables, such as oranges.
Peeler	A tool which helps you to remove the tough skin off fruits and vegetables.
Recipe	A set of instructions for making or preparing a food item or dish.
Slice (verb)	To cut pieces off something with a knife.
Smoothie	A combination of fruits and vegetables blended together to make a smooth drink.
Stencil	A shape which you can draw around.
Template	A stencil which you use to help you draw a shape more easily on to different materials.
Vegetable	Parts of plants that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not contain any seeds

Key facts

Fruits



Apples



Oranges



Strawberries



Bananas

Vegetables



Potatoes



Broccoli



Onions



Carrots



You should try to eat five portions of fruit and vegetables every day!