

# HEALTHY PORTABLE SNACK

YEAR 3  
AUTUMN 2

## Key Vocabulary

Fruit and vegetables	Foods that come from plants. They help keep our bodies healthy and strong.
Carbohydrates	Foods that give us energy to move, play and learn, like bread, rice and pasta.
Protein	Foods that help our bodies grow and repair muscles, such as meat, fish, eggs and beans.
Dairy	Foods made from milk, like cheese, yoghurt and milk. They help keep our bones and teeth strong.
Fats and oils	Foods that give us energy and help keep us warm. We only need a small amount, such as butter and oil
Texture	How food feels in your mouth or to touch, for example crunchy, soft or smooth.
Evaluate	To think about what went well and what could be improved.
Hygiene	Keeping something clean and healthy.

## SKILLS

- Develop food vocabulary using taste, smell, textures and feel.
- Group familiar food products into food groups.
- Use research to develop a design
- Cut, peel, grate, chop a range of ingredients.
- Work safely and hygienically.
  - Understand the need for a variety of foods in a diet.
  - Evaluate creation



## Eat Them To Defeat Them

A campaign to get children eating more vegetables.

## EAT WELL PLATE



## TECHNIQUES



Cut



Slice



Chop



Spread