

We need to eat at least 5 portions of fruit and vegetables a day as part of a healthy diet.

Other ways to stay healthy include:

- Daily exercise which can include walking
- Looking after our teeth.

Root vegetables grow underground, other vegetables grow on plants above ground.

Root vegetables include carrots, potatoes and onions.



When we peel fruits or vegetables, the peeler must move away from us.

Our fingers should not be near a knife as we cut.

We must always ask adults to use hot equipment such as the oven or pans.



Fruits grow on plants and bushes.

Fruits can be eaten raw or cooked to produce new flavours and textures.

Fruits can be used in sweet dishes and in some savoury dishes.



Protein should form part of every meal. **Your body** uses protein to build and repair muscles and bones.

Examples include meat, fish and eggs.



Wash your hands often when you **cook** to prevent the spread of germs. **Your hands** can spread germs in the kitchen, so **wash your hands** often to prevent **cross-contamination**.

