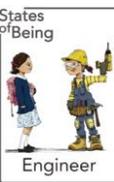
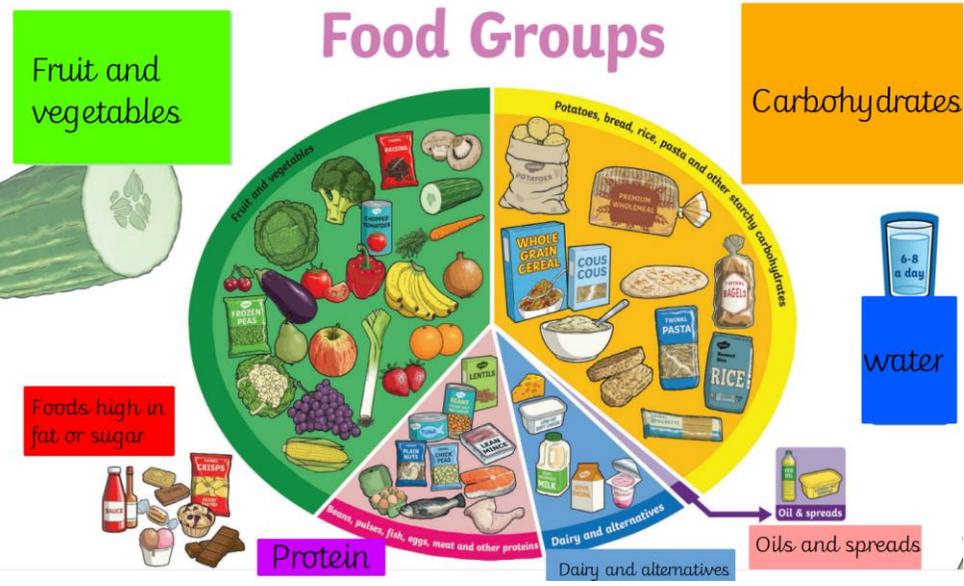


Y3 What's the difference between surviving and being healthy?



Food Groups



healthy diet: eating the right amount of foods from each food group.



recipe: a set of ingredients and instructions for preparing a dish

chopping: cut something into pieces



slicing: cut something into slices



ingredient: any of the foods that are used to make a dish

peeling: remove the skin from a fruit or vegetable



alternative: available as another choice or possibility

technique: a skillful way of doing something



FRUIT & VEGETABLE KNIFE TECHNIQUES

