

## What should I already know?

- To know some fruits and vegetables
- To know that some foods are healthy and unhealthy
- To begin to know how to use a knife

## Key Knowledge

- To be able to design and think about what they would like in their rainbow salad
- To be able to identify healthy and unhealthy foods

## Key Vocabulary and definitions

<b>Salad</b>	A cold dish that includes vegetables.
<b>Fruit</b>	A fresh and sweet food that is healthy.
<b>Vegetables</b>	Vegetables are the leaves, stems, roots, or other parts of certain plants that people eat
<b>Knife</b>	Cutlery that we use to eat and chop up foods.
<b>Design</b>	To think about what we are making and plan how we want the end product to look.
<b>Create</b>	To make or to bring into existence.
<b>Chopping board</b>	A board that you chop food on.



Rainbow salad



Fruit and vegetables



Chopping board