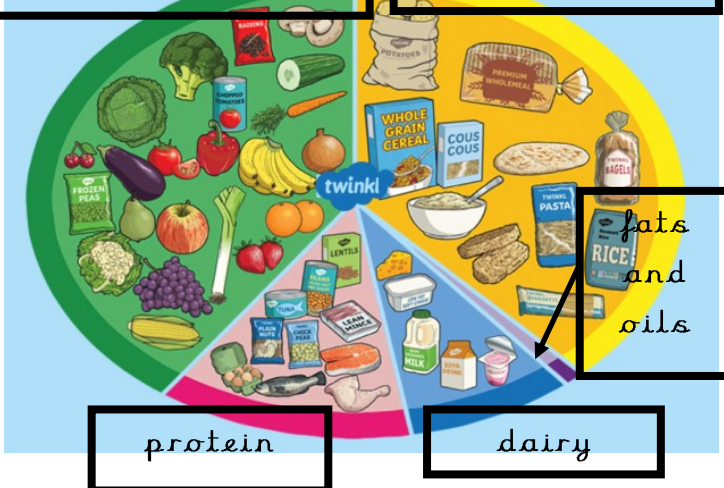


# Food - Knowledge Organiser

## Vocabulary

fruit and vegetables

carbohydrates



protein

dairy

fats  
and  
oils

energy



muscles



bones



## Discussion Points

- What foods do you like and dislike? Why?
- How do different foods taste?
- What are the main food groups for a balance diet?
- How does food help our bodies?
- Where does food come from?
- How do we taste and smell our food?
- How many meals do you eat each day and when do you eat them?
- How could food change when we cook it?

pineapple

mango

passion fruit

guava

avocado



We will be reading...

