

Food - Fruit and vegetables

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| Blender | A machine that mixes ingredients together into a smooth liquid. |
| Carton | A container made out of card which holds liquid products such as milk and orange juice. |
| Fruit | The part of a plant that contains seeds. |
| Healthy | When everything in your body and head feels good. |
| Ingredients | Items that make up a mixture, for example, foods that make a recipe. |
| Peel | The tough skin around certain fruits and vegetables, such as oranges. |
| Peeler | A tool which helps you to remove the tough skin off fruits and vegetables. |
| Recipe | A set of instructions for making or preparing a food item or dish. |
| Slice (verb) | To cut pieces off something with a knife. |
| Smoothie | A combination of fruits and vegetables blended together to make a smooth drink. |
| Stencil | A shape which you can draw around. |
| Template | A stencil which you use to help you draw a shape more easily on to different materials. |
| Vegetable | Parts of plants that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not contain any seeds |



You should try to eat five portions of fruit and vegetables every day!

Key facts



| Fruits | Vegetables |
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|  <p>Apples</p> |  <p>Potatoes</p> |
|  <p>Oranges</p> |  <p>Broccoli</p> |
|  <p>Strawberries</p> |  <p>Onions</p> |
|  <p>Bananas</p> |  <p>Carrots</p> |