

Reception Food Knowledge Organiser

Key Vocabulary

Fruit - the part of a flowering plant that contains the seeds

Vegetables - the leaves, stems, roots, or other parts of certain plants that people eat.

Healthy - making sure your body has everything it needs to work well.

Diet - the food and drink we put into our bodies.

Senses - the five ways we observe and understand the world around us.

Vision - being able to see.

Touch - to feel or handle.

Taste - to notice flavour when you put something into your mouth.

Hearing - being able to notice sounds with your ears.

Smell - detecting odours and scents with your nose.

Recipe - a set of instructions for making something from various ingredients

Flavour - the way something tastes.



Fun facts!

Chocolate is made from Cocoa beans that grow as fruits of the cocoa tree, in South and Central America.



We should all try to eat at least 5 fruit and vegetables a day to stay healthy.



A strawberry has an average of about 200 seeds. A pomegranate can have up to 1000!



A durian, found in Malaysia and Indonesia is the smelliest fruit in the world!



We will learn:

- To sort healthy and less healthy food.
- To explore different types of food using our senses.
- To understand where in the world food comes from and why.
- To prepare food following a recipe.



Books this half term :

- The Very Hungry Caterpillar
- Oliver's Vegetables
- Supertato

