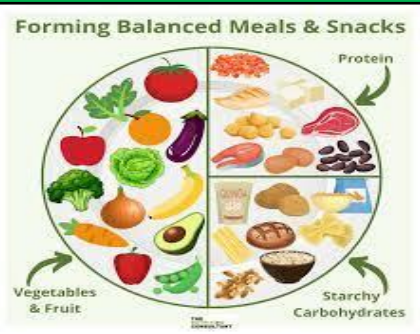
Year 2: The shop 'Fuel' needs a recipe for a healthy snack drink.

Subject Specific Vocabulary	
hygiene	Being hygienic is keeping yourself and your surroundings clean.
blender	An electric kitchen appliance used for mixing liquids, and chopping food up into small bits.
healthy food	Food that provides our body with what it needs to be healthy and strong.
balanced diet	Includes foods from all 5 food groups: fruit and vegetables, grains (carbohydrates), proteins, dairy and fats (and sugars).
yoghurt	A thick, slightly sour liquid that is made by adding bacteria to milk.
fat	Fats are nutrients in food that give you energy.
sugar	A range of sweet-flavoured substances.
vitamins	Nutrients that humans need in order to grow and be healthy.

Balanced Plate



blender



Joe Wicks

Joe Wicks is also known as 'the body coach.' He is a fitness coach and an author who has written many healthy eating cook books. He also used to live in Richmond! During lockdown he was famous for his PE sessions with Joe!

Sticky Knowledge

Fruits are grown from plants.

Yoghurt is made from milk.

Yoghurt and milk can also be plant based.

Fruit grows on a tree or plant that contains seeds and can be eaten as food, blended with juice, milk or yoghurt to create a smoothie.

Fruit smoothies are a healthier choice than biscuits and cakes because they are high in vitamins.

