

Keywords:

Protein **Carbohydrate** **Fat** **Fibre**
Dairy **Safety** **Vitamins** **Hygiene**
Minerals **Equipment** **Balanced diet**
Measuring **Exercise** **Weighing** **Healthy**
Design **Vegetables** **Fruit Salad**
Muffins **Blend** **Crumble** **Co-operate**
Oven proof **Chopping** **Peeling** **Bridge**
Claw

MORE REASONS TO EAT FRUIT!

Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate

Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Pineapples help fight arthritis



Blueberries protect your heart

Kiwis increase bone mass



Mangos protect against several kinds of cancer



Bridge

Claw

Peel

Can you confidently and safely work in the kitchen to make healthy food products?



Cooking Utensils



Funky Fruit

Year 6 Knowledge Organiser