

Vocabulary



Key Facts:

A fruit is a food that grows on plants and has a seed.

A vegetable is a food that grows on plants but doesn't have seeds

Eating healthily supports people to have more energy

Foods have different tastes

Foods have different textures

Key Questions:

What are **fruit** and **vegetables**?

Why do we need to eat **healthily**?

How can we describe different **tastes**?
(e.g. sweet, sour etc.)

How can we describe different **textures**?
(hard, soft, crunchy etc.)