

Autumn Term – History of Flight

Preparing a healthy snack

Flapjacks and seed bars

Vocabulary



Butter



Key Facts:

Seeds come from the inside of flowers and fruits.

Oats are the edible seed of oat grass.

The word flapjack is believed to come from flipping or flapping a cake in a pan.

Eating seeds everyday helps to keep your body healthy.

Key Questions:

What is a flapjack?

What is a seed bar?

Where do seeds come from?

Where do oats come from?

What is a recipe?

How can we be safe and hygienic while cooking and touching food?