

Bread, other cereals and potatoes

Milk and dairy foods

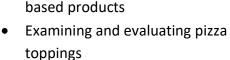
**Eatwell Plate** 

Food containing fat/sugar

Fruit and vegetables

Meat, fish and

alternatives



Cutting, peeling and grating

## Knowledge We Will Acquire

- That all food comes from plants or animals
- How to name and sort foods into the five groups in The Eatwell Plate
- That we must work safely and hygienically when preparing food