











KEY WORD MAT – St Gregory’s RC Primary School

Topic: D.T.		Year Group: 1	Summer	Strand: Food Preparing Fruit and Vegetables – Making fruit salad
<p>Clean</p> 	<p><i>Washing our hands with soaps and water.</i></p> <p>We clean our hands to wash away dirt and germs.</p>	<p>Fats</p> 	<p><i>Foods that provide energy to our body. Some fats are good for us and other fats are not as healthy for our body.</i></p> <p>There are good fats and bad fats.</p>	
<p>Carbohydrates</p> 	<p><i>Foods that provide our bodies with energy</i></p> <p>Potatoes are carbohydrates</p>	<p>Fruits and Vegetables</p> 	<p><i>These are foods from plants that we can eat.</i></p> <p>We should eat five fruits and vegetables each day.</p>	
<p>Dairy</p> 	<p><i>Foods that come from milk products</i></p> <p>Cheese is a dairy product</p>	<p>Over ground</p> 	<p><i>A plant that grows that grows above the soil.</i></p> <p>Some vegetables grow over ground.</p>	
<p>Protien</p> 	<p><i>Foods that helps to build and repair the bodies muscles</i></p> <p>Meat is a protein.</p>	<p>Under ground</p> 	<p><i>A fruit or vegetable that grows below the soil</i></p> <p>Some vegetables ground under ground like carrots.</p>	
<p>Food Groups</p> 	<p><i>A collection of foods which share the same nutritional properties.</i></p> <p>The healthy meal plate is split into 5 food groups.</p>	<p>Seeds</p> 	<p><i>A seed contains a tiny plant that can grow into a full plant.</i></p> <p>You need to plant a seed to let it grow.</p>	