

# YEAR 2 — LESSON 1



CLASSROOM  
KITCHEN

## Food Nutrition

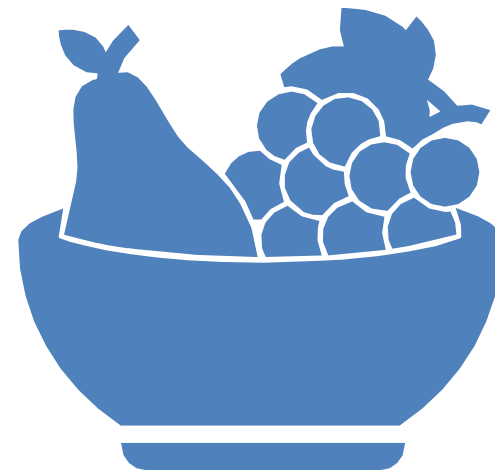
To understand why our bodies need fruit and vegetables.

To know where our foods come from and how they're reared, grown or caught.



# WHY SHOULD WE EAT FRUIT AND VEGETABLES?

1. Fruit has natural sugars which are a healthy form of energy!
2. Fruit contains lots of **vitamins** which is good for our **Immune System**. This helps our body to fight off illnesses and disease!
3. Fruit and vegetables help in our **digestive system**...which helps us to go to the toilet (to get rid of all the waste/bad leftovers).







# WHERE DO FRUITS AND VEGETABLES GROW?

They can grow:

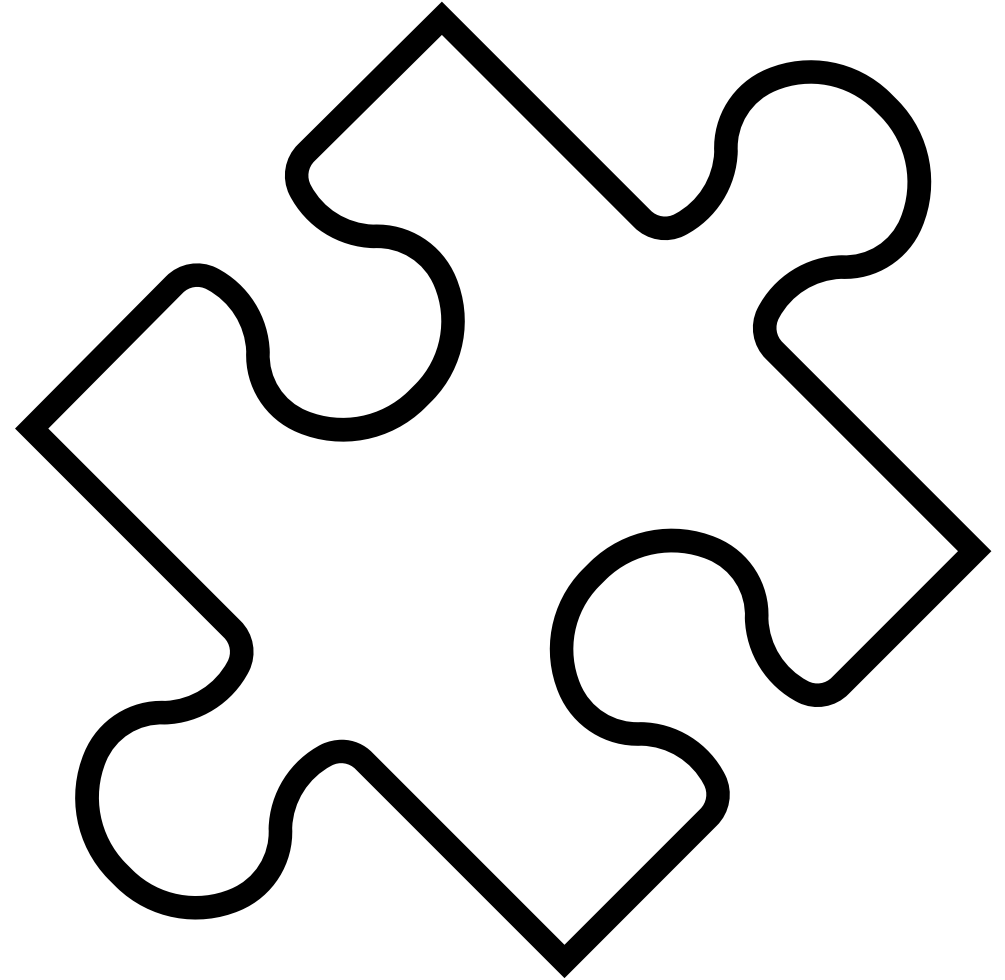
- In the ground (under the soil)
- On plants and bushes
- In trees



# CHALLENGE

Look at the images on the next few slides:

Decide with a partner where these fruits and vegetables will grow!





# MANGOES GROW...



IN TREES



**WATERMELONS GROW...**



**ON A PLANT**

**TURNIPS GROW...**



**IN THE SOIL**

# SOME THINGS TO KNOW...

- Fruits are the seeds, or contain the seeds, of a plant.
- Vegetables are all the other parts of a plant!
- Not all vegetables grow under the soil (celery, broccoli...).
- When we buy fruits from the supermarket, we may not see the seeds, these fruits have been grown for easy eating and have been scientifically changed! Try organic and you will see the difference!







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