

Get Cooking at Home!

You can now get cooking from home and continue (or start) learning with Classroom Kitchen! Below is a link to a video lesson. Our videos were originally made for classroom use so it may have instructions that would normally be for your teacher. Instead these will be for an adult at home. It may also mention working in a group but you can ignore this if you're working on your own!

When you have finished making the dish, send a photo to your teacher! You can then have a go at the follow up activity or any task that your teacher may set. You can either print this off or answer the questions on another sheet of paper. If you decide to do the follow up activity, you may need to have a look at the nutrition lesson first.

Enjoy!!

Year 3. Session 1

Fruit & Veg Couscous

https://vimeo.com/455852476/85a7011f51

See the recipe for ingredient list.





Fruit & Veg Couscous

To understand the purpose of fruits and vegetables in our diet.	
To know the names of the five main food groups and the nutrient they're high in.	

Activity 1: Write down 3 reasons why fruit and vegetables are good for our bodies.

1)				
2)				
3)				
Activity 2: Match	the titles to their foo	od group (write then	n in the correct places	s).
Carbohydrates	Fruit and Veg	Dairy	Protein	Fats and Sugar
	you would group ! a short evaluation of		couscous. Explain how may change if you may	

