



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 Our videos were originally made for classroom use so it may have instructions that would normally be for your teacher.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 1, Session 1

Veggie Snacks

<https://vimeo.com/455763734/7d0522e0e8>

See the recipe for ingredient list.

Veggie Snacks

Teacher Note: May choose to complete part of this whilst trying the veggie snacks.

To know the names of a variety of fruit and vegetables.

To think about what our bodies need to be healthy

Fruits have seeds or they are the seed!

Activity 1: Draw a picture of each food and circle if they are a Fruit or Veggie!

Strawberry
Fruit Veggie

Carrot
Fruit Veggie

Tomato
Fruit Veggie

Cucumber
Fruit Veggie

Banana
Fruit Veggie

Celery
Fruit Veggie

Snap Peas
Fruit Veggie

Pepper
Fruit Veggie

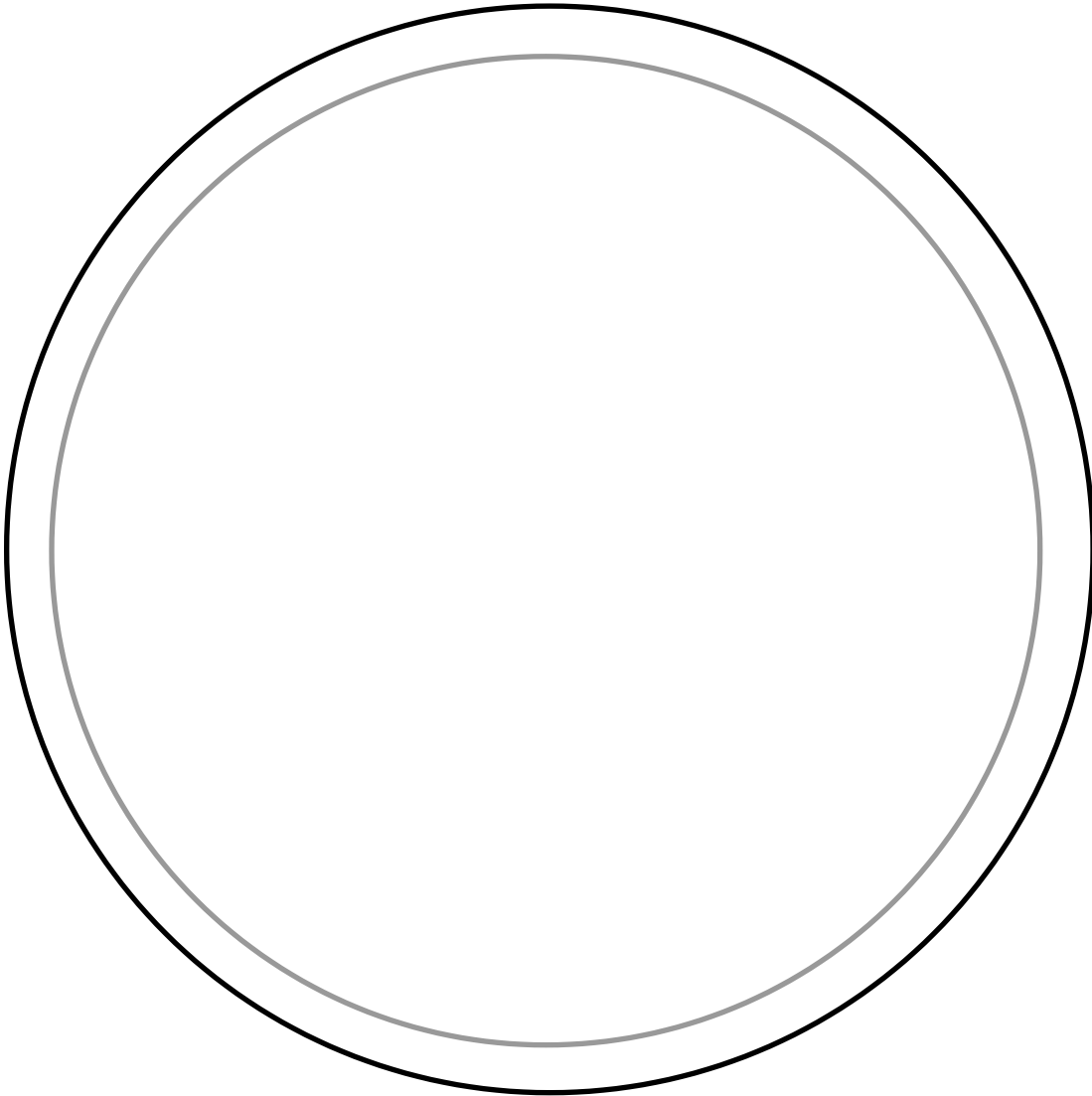
My favourite snack was _____ .

The worst snack was _____ .

Veggie Snacks

Activity 2: Draw your favourite Fruit and Veggie snack onto the plate below.

You can be super-creative and draw the fruits and vegetables in different places to make a different picture. You might create a veggie monster or a fruity smiley face!



Smiley Face



Veggie Rabbit



Star Challenge

Can you draw arrows to the foods and write their names?