



# 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 Our videos were originally made for classroom use so it may have instructions that would normally be for your teacher.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 2, Session 1

## Traffic Light Salad

<https://vimeo.com/455808089/a1420b6b48>

See the recipe for ingredient list.

# Traffic Light Salad

To understand why our bodies need fruit and vegetables.  
To know where our foods come from and how they're reared, grown or caught.

## Activity 1: True or False - Tick the correct facts and cross the lies!

Fruits and vegetables keep our bodies strong to fight off illnesses.

Fruits and vegetables give us energy.

Vegetables help us to see in the dark.

Fruits and vegetables help our digestive system, which helps us go to the toilet.

Fruits and vegetables can give us super powers.

Fruits contain sugar.

## Activity 2: Write down a fruit or vegetable that you used in your salad and say where it grows (plant, tree or in the soil).

Fruit/Vegetable	Where does it grow?
_____	_____
_____	_____
_____	_____
_____	_____

## Activity 3: Draw your Traffic Light Salad design and add an extra fruit or vegetable of your choice. Label the foods.

