



A Healthy Picnic

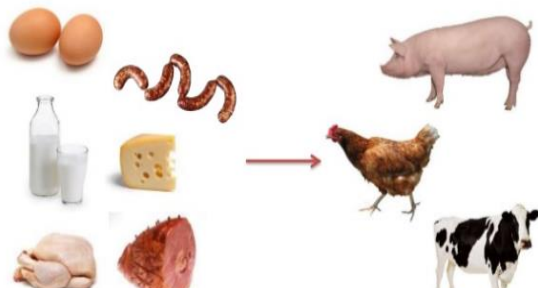
Year One -Knowledge Organiser
SMATT 1 - Design and Technology

Where does our food come from?

Fruit and vegetables come from plants



Eggs, sausages, milk, cheese, and ham come from animals



The eatwell plate



The eatwell plate makes healthy eating easier

Key Facts.

Milk helps **teeth** to be strong.

Pasta helps us to have **energy**.

Meat gives us **protein**.

Vegetables and fruit give us **vitamins**.

All food comes from a plant or an animal.

Key Vocabulary

- vegetables
- fruit
- vitamins
- protein
- carbohydrate
- calcium
- energy
- healthy
- bones
- teeth
- sweet
- sour
- salty
- crunchy