



Reception - Summer Term 1

Where does our food come from?.



Food Lovely Food		Key Focus
1	What things do we eat?	What food makes up our dinner and our favorite food? Identifying food groups grains, fruit, proteins, vegetables dairy. How much we should eat of each?
2	What is healthy food? How do I keep my teeth nice and healthy?	Which food is healthy? What should we not eat too much of? Why is this food unhealthy for us? How does what I eat affect my body and my teeth?
3	What food comes from a farm?	Why do farmers keep animals? What food do we eat that comes from animals? Does anyone not eat meat? What are dairy products? How do you get milk from a cow? How is used to make different food?
4	How are fruit and vegetables grown?	How are different fruit and vegetables grown. Can you tell me what vegetables are grown underground? What food is grown on trees? Have you ever been to a pick your own farm?
5	How do plants grow? Can we eat all plants? Why are plants so important for our world?	What does it look like when a plant grows? What things do they need to be able to grow well? Are all plants safe to eat? Can we eat seeds, leaves, bulbs and flowers? Why do we need plants in our world? Is it just for food and to make our environment beautiful?
6	What food comes from the sea?	What food that you eat comes from the sea? How is it caught? Have you ever been fishing?
Now you know more about food and where it comes from will you try something new?		



The Big Question

Can I only eat chips and drink lemonade every day?



Sticky vocabulary

Farm- land used for growing crops and animals for food	Protein- food group including meat and fish	Sugar- sweet substance that comes from food plants
food groups- collection of food types to make a good diet	Vegetables- plants that people eat.	Soil- the ground plants use to feed and grow
Dairy- food made from milk	Fruit- part of plant that includes seeds that people eat	Healthy- things that are good so us
Grains- seeds from grass that can be eaten.	Fishing- using a boat to get fish from the sea	Diet- what you eat