

Cooking and nutrition - Smoothies

Vocabulary

cut To use a knife to make something smaller.

fruit The part of a plant that has the seeds in.

ingredients The foods needed to make a recipe.

juice To get the juice out of a fruit or vegetable.

juicer Something used to get juice from a fruit.

leaf The flat green part of a plant that grows from a branch or stem.

root Part of a plant that takes water and other things from the soil.

seed New plants grow from it.

stem The long, thin part of a plant that holds it up.

table knife A tool used for cutting.

vegetable Any part of a plant that you can eat.



Fruits and vegetables are an important part of a balanced diet.

Skills



cutting



juicing



taste testing

Key facts

fruits



strawberries



grapes



bananas

vegetables



potatoes



spinach



carrots