

# My taste chart

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Try 5 new foods. Tick the faces to show how much you like the new foods. The more faces you tick, the more you liked the food.

I have tried 5 new foods. They are:

1) \_\_\_\_\_



2) \_\_\_\_\_



3) \_\_\_\_\_



4) \_\_\_\_\_



5) \_\_\_\_\_



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I have tried 5 new foods. They are:

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2) \_\_\_\_\_



3) \_\_\_\_\_



4) \_\_\_\_\_



5) \_\_\_\_\_



# Different ways to get 5 A DAY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Draw fruit and vegetables in the rings below. Tick your favourite fruit and vegetables.

Fresh

Frozen

Canned

Juiced

Dried

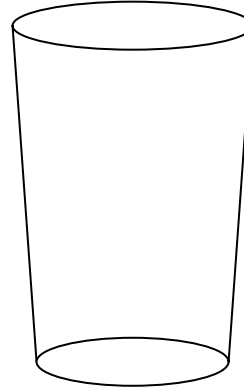
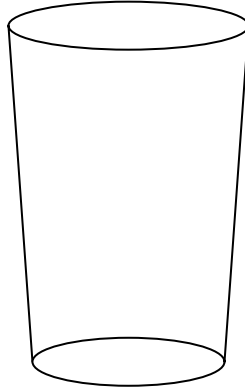
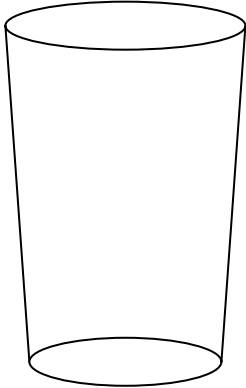


# Drink plenty

Name: \_\_\_\_\_

Date: \_\_\_\_\_

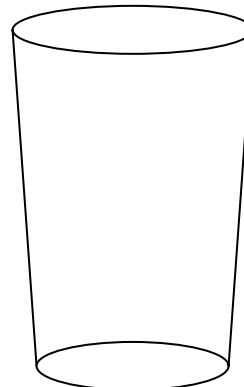
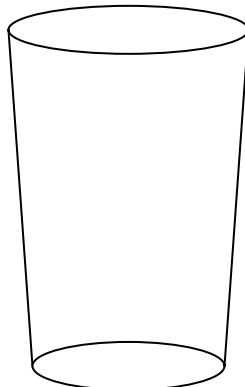
Colour a glass for every drink you have in a day. Write the name of the drink under each glass.



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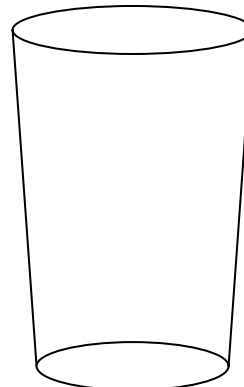
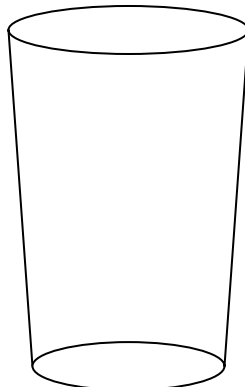
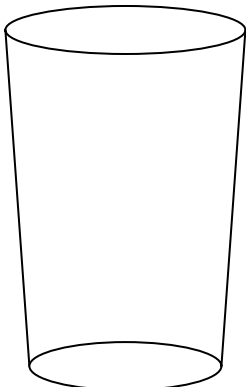
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# Getting active!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Fill in the activity diary for a week.

## My activity diary

**Monday**

Activity: \_\_\_\_\_

Start time: 

Finish time: 

**Tuesday**

Activity: \_\_\_\_\_

Start time: 

Finish time: 

**Wednesday**

Activity: \_\_\_\_\_

Start time: 

Finish time: 

**Thursday**

Activity: \_\_\_\_\_

Start time: 

Finish time: 

**Friday**

Activity: \_\_\_\_\_

Start time: 

Finish time: 

**Saturday**

Activity: \_\_\_\_\_

Start time: 

Finish time: 

**Sunday**

Activity: \_\_\_\_\_

Start time: 

Finish time: 



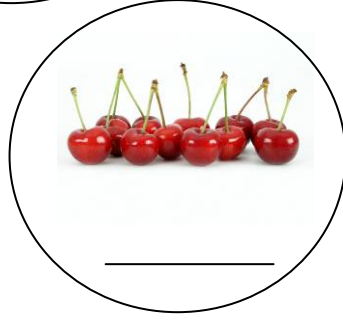
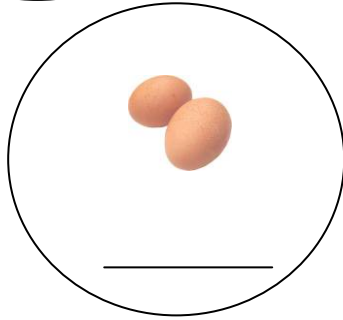
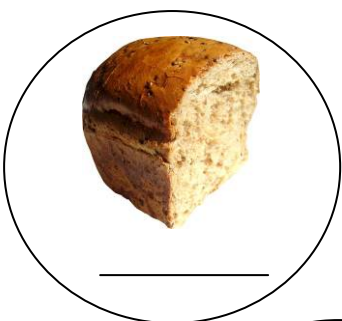
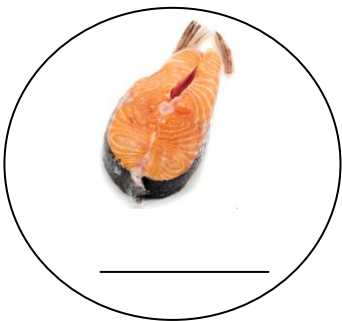
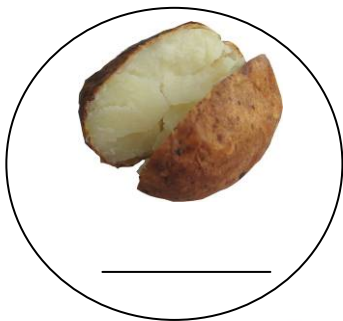
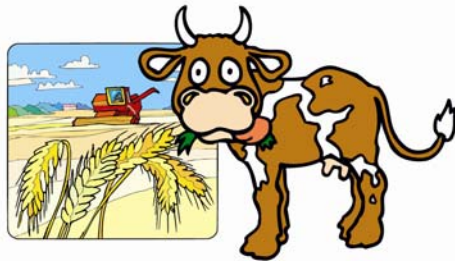
# Where does my food come from?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Label each of the foods below and cut them out. Stick the images in the correct column.

Plant	Animal



# My kitchen equipment

Name: \_\_\_\_\_

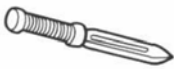
Date: \_\_\_\_\_

Link each piece of kitchen equipment to its name. Tick the ones you have used.



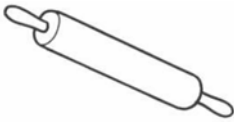
•

• fork



•

• peeler



•

• ladle



•

• weighing scales



•

• rolling pin



•

• knife



•

• chopsticks



•

• spoon



•

• whisk



# Let's get ready to cook!

Name: \_\_\_\_\_

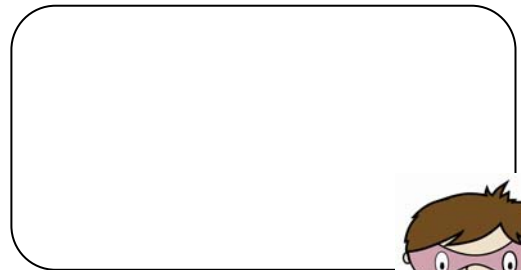
Date: \_\_\_\_\_

Fill in the blanks using the word bank. Draw a picture of each.

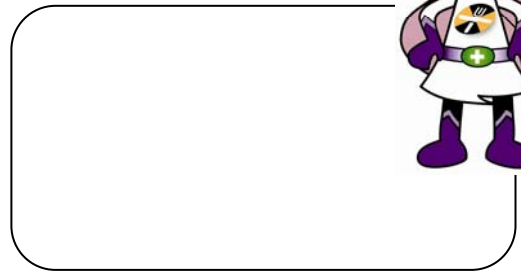
Word bank:

apron long hands sleeves jewellery

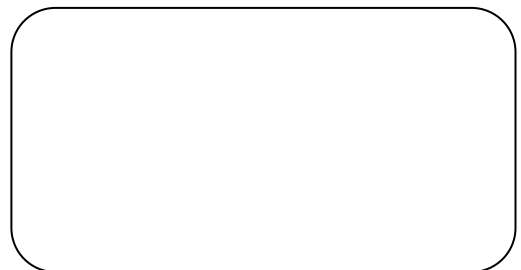
Tie back \_\_\_\_\_ hair.



Roll up long \_\_\_\_\_.



Wear an \_\_\_\_\_.



Remove \_\_\_\_\_.



Wash your \_\_\_\_\_.



# My apron

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Design and colour your own apron.



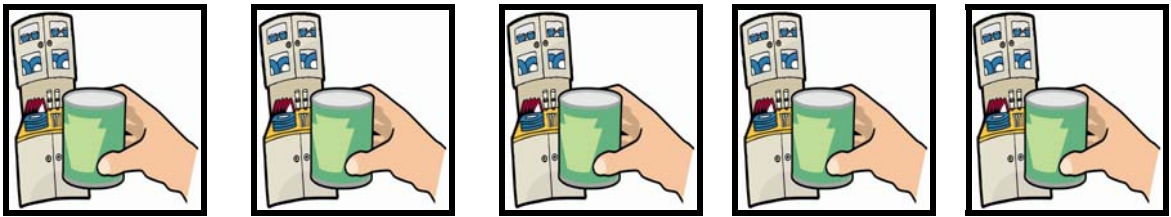
# Helping in the kitchen

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What do you do to help in the kitchen? Tick the images each time you do a task.

I helped put away the shopping.



I helped wash-up.



I helped clean the kitchen surfaces.



I helped recycle food packaging.

