

## Cooking and nutrition - Smoothies

### Vocabulary

<b>cut</b>	To use a knife to make something smaller.
<b>fruit</b>	The part of a plant that has the seeds in.
<b>Ingredients</b>	The foods needed to make a recipe.
<b>Juice</b>	To get the juice out of a fruit or vegetable.
<b>Juicer</b>	Something used to get juice from a fruit.
<b>leaf</b>	The flat green part of a plant that grows from a branch or stem.
<b>root</b>	Part of a plant that takes water and other things from the soil.
<b>seed</b>	New plants grow from it.
<b>stem</b>	The long, thin part of a plant that holds it up.
<b>table knife</b>	A tool used for cutting.
<b>vegetable</b>	Any part of a plant that you can eat.



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

### Skills



### Key facts

#### fruits



strawberries



grapes



bananas

#### vegetables



potatoes



spinach



carrots