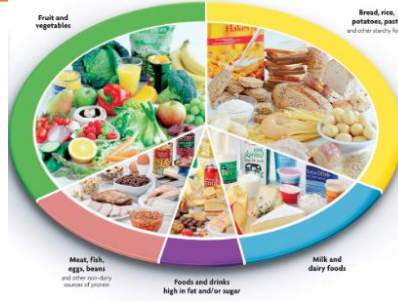


Science

Food groups:

- *Fruit and Vegetables - Keep the body healthy
- *Carbohydrates - Provide the body with energy
- *Protein - To help the body grow and repair
- *Dairy and Alternatives - Needed for healthy bones and teeth
- *Oils and Spreads - Contains fats needed for energy and warmth



Geography



Fair trade & Farming

Food that we buy comes from all over the world. Fairtrade is a worldwide movement that works with farmers and supermarkets to make sure farmers get paid and treated fairly. Food and products from Fairtrade farms and producers have the fair trade logo on.

...Scrumdiddlyumptious...



History

James Lind - 1716 - 1794

James Lind was a ship's surgeon. He worked with sailors who were suffering from an illness called scurvy. James Lind discovered that scurvy was caused by a lack of vitamin C in their diet and eating citrus fruit containing this vitamin could cure the disease. He helped save the lives of many sailors.



Design & Technology

Food adverts use different ways to encourage people to buy products. Many food manufacturers have a target audience for their products, such as children, and they create adverts that appeal to this audience.

- *Slogans
- *Promises
- *Warm colours
- *Eye catching pictures



Did you know...?

- *Avocados are the world's most nutritious fruit.
- *Watermelon contains 92% water and just 6% sugar.
- *Raisins are dried grapes. They contain lots of sugar
- *Milk is full of vitamins and minerals, especially calcium.
- *Tomatoes are a fruit and not a vegetable. In fact tomatoes are the most popular fruit in the world!