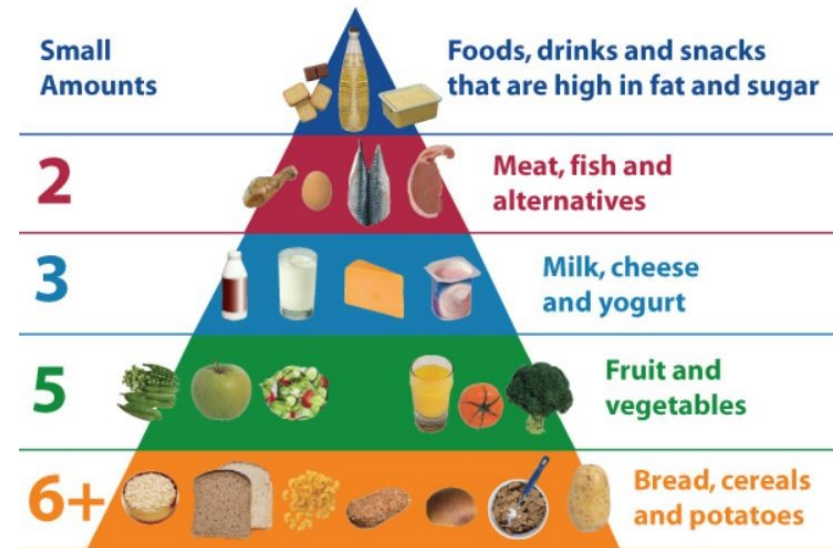




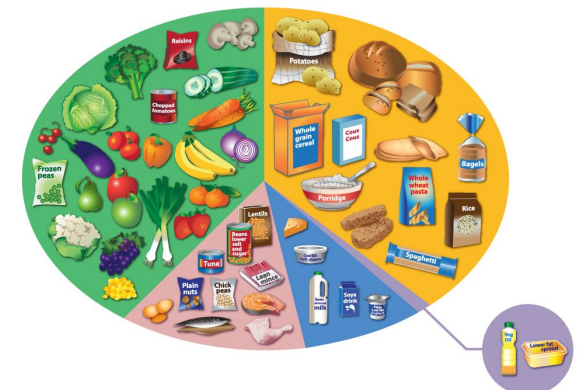
Key vocabulary

Design	To create, develop or construct a product that has a purpose.
Portion or proportion	An individual part or a share of something.
Cut	To slice food into smaller pieces using a knife
Peel	To remove the outer skin from a vegetable or fruit.
Grate	To rub food against a grater in order to cut lots of small pieces
Healthy	To eat a variety of food that give you nutrients so you can have lots of energy and feel good.
Balance	To have lots of different food types that are in the correct proportion

Food Pyramid

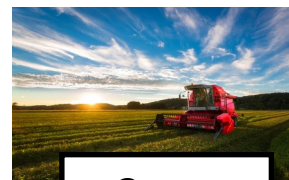


Balanced Diet



Cut

Peel



**Grown
Farmed
Caught**

